

# **GROUP LEARNING IN FERTILITY AWARENESS, FAMILY PLANNING AND FERTILITY AWARENESS METHODS**

**PRELIMINARY MATERIALS SET FOR GROUP FACILITATORS  
FOR TESTING DURING THE FACT PROJECT PROOF OF CONCEPT PHASE IN NORTHERN UGANDA.**

## **MATERIALS SET FOR GROUP FACILITATORS**

- FACILITATORS GUIDE
- METHOD MIX DISPLAY BOARD
- ACTIVITY CARDS
- TOPICS FLIPCHART

# Lacim Tic pa Lador Yub i Pwonye pa Dul



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Fertility Awareness  
for Community  
Transformation

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# **Lacim Tic pa Lador Yub**

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# Lanyut yoo tic pa lador yub

## Acaki

Lanyut yoo tic man ki yubo pi bulo ma gitye ludor yub me yupo ki telo lwak pi tyen lok aryo. Me acel me konyo doro nyamo lok pa dul pa lwak ikom lok mapol. Me aryo me konyo nywako tam i dul it dano ki acel acel nyo it coo ki mon ma i ot ma gimoto tic ki yoo me bedo ki ngec ikom nyodo (FAM)

## Ngo matye i lanyut yoo tic man?

Lanyut yoo tic man tye ki lacim gin atima ikom kit me doro nyamo lok ikin lwak ki nywako tam pa dul. Tye bene ki kwena ma pi gi tek me anywaka ki lapeny me konyo lwak lwodo ki nyamo lok ikom tam gi ki gin ma gimoto. Lanyut yoo tic man bi konyo lador yub me timo jami man:

- Weko lwak gibedo i nyamo lok ikom yoo ma pat pat me lago nywal,
- Tito kit ma yoo magi gitijo kwede ka bene konyo me tiro lok mogo ma pe gitye kakare,
- Konyo lwak ma i kabedo ni me moko yoo maber it gi me lago nywal,
- Miyo pwony ikom kit me tic ki yoo me lago nywal FAM ka miyo yoo mukene me lago nywal.

Lanyut yoo tic man konyi bene me tic ki jami ma konyo tic pa lador yub:

- Karatac pwony ma cal tye iye **Flipchart**
- Coc ma nyuto yoo ma pat pat me lago nywal
- Karatac me tic
- Jami ma miyo ngec ikom yoo ma pat pat me nyodo:
  - Tiko-lago nywal ki lanyut yoo me tic kwede ki kalenda me dwe
  - Karatac Dot pi Lago Nywal
  - Yoo me Nino aryo me Lago Nywal

## Ludor yub me nywako tam i dul gin gubedo anga gi?

Ludor yub gin aye:

- Lumemba ma kom gi mit i dul
- Jo ma lumemba mukene aye oyero gi
- Gibedo en i kabedo kama lwak meno aa ki iye
- Giloko maber leb tedero ma i kabedo meno
- Giromo kwan ki coc
- Twero doro kacoke/nyamo lok pa lwak
- Tye atera me bedo lanyut i yoo tela ne,ma tere ne gitye atera me timo gin ma gipwonyo

## Tic pa lador yub tye ngo?

Ludor yub okori gitye me timo jami man:

- Guro Iwak me bedo inywako tam ikom yoo me lago nywal
- Doro yub me pwonyo Iwak ikom bedo ki ngec ikom kare me nyodo ki lago nywal
- Doro nywako tam i dul ikom SDM ki Yoo me Nino Aryo me Lago Nywal
- Niango lumemba me dul me ceto ka nongo kony me lago nywal
- Copo pongo karatac me dwoko lok nyo report

## Kit me beo lador yub maber

Yoo tye ma pol ma iromo doko kwede lador yub maber kace i yubo doki i doro nywako tam pa Iwak ma i kabedo ni.

Ludor yub pa dul omyero gubed ki woro ma wang cor ne peke ikom jo weng ma gitye i yub pa dul me nongo pwony ki nywako tam. Pire bene tek me gwoko i mwung lok ki ngec ma lumemba me dul ginywako. Paro pi tam ki peko pa ngat acel acel i kare me nyamo lok weko lumemba bedo agonya doki konyo gi me nongo ngec i yoo maber.

Kany tye yoo magi mukene me bedo lador yub maber:

### **Yupo kabedo maber, ma woro tye iye doki lumemba weng nywako tam gi iye.**

- Bed ki lumemba ma i dul i lawala wek gin weng okupe kwedi ka ginongo pwony ki bot luwot gi.
- Mok kace tic man ber loyo me copo timo ne i dul madit ma dano weng tye iye, nyo i dul ma tino tino.
- Kace mon orupe ki coo doki mon pe tye ka lok, nen kit me poko kin gi i dul ma pat pat me nyamo lapeny. Ka ingeye idwoko gi kacel me nywako tam gi.
- Kace lumemba ma otii orupe ki ma lotino i dul doki lotino pe gitye ka lok, nen bene kit me poko gi i dul aryo. Ka dwok gi kacel me nywako tam gi.
- Kony dano weng me nywako tam gi doki peny ki mwolo dano weng me miyo kare it ngat acel acel me lok. Kony jo ma oling me bedo bene i nyamo lok.

## Lok ki lumemba ki lok ikin gin lumemba.

- Kace lumemba gitye ka nywako ngec ikin gi, mi it gi kare me lok kun nongo in icoyo piny lok mo keken ma pe tye kakare. Man bi konyi me tiro lok ma pe tye kakare ki medo ngec ma pire tek kama mite ni imedi ikom ngo ma guwaco.
- Kony dano weng me lok. Iromo timo man ki miyo lapeny. Dok bene, kace ngat mo tye ki lapeny, mi bot dul wek inen kace lamemba mukene romo gamo ne.
- Nywako tam man pe tye calo bedo mot i ot kwan. Dano weng tye ki gin ma omyero gutim. Nywako tam i dul iromo waco ni owoto maber kace lumemba guloko mapol loyo lador nywako tam.

## Kit me tic ikom lapeny i cawa me nywako tam i dul

- I acaki weng me nywako tam, wac it lumemba ni tici tye me konyo gi nyamo lok ikom kop ma mako yokkom. Dok bene ni ibi nywako kwed gi ngo ma ingeyo ento pe te loke ni itye ki lagam weng.

- Kace lapeny mo tye ma lagame pe ingeyo, iromo penyo kace ngat mo i dul tye ki lagame nyo wek gunge ni ibi nongo lagame ka inywako kwed gi i yub mukene ma lubo man me nywako tam.
- Nen bene maber lok ani ma i coyo gi piny wek okonyi me kwero ani mogo. Ket i wi ni jo ma gitye i yub man gi aa ki ikabedo pa Iwak doki giromo yee ni ani magi tye lok ada.

### **Tic ikom lok ma tic iye pe yot**

- Teme ki yoo weng me neno ni inongo kony pa lumemba ma l dul ikom lok mo keken ma jo mukene pet ye ka nongo yot. Pol kare jo matye l nywako tam gin ki kom gi tye ki lagam maber ikom lok o keken ma pe yot.
- Pi jo mukene ma gitiko bedo ka lok ma gengo jo mukene me miyo lok gi bene:
  - Pe ibed ka neno ngat meno. Ket cik ma cimo ni ngat acel acel omyero oter dakika 1 nyo 2. Niang en ngat ma maro lok tutwali ni ibid dok adoka bote inge winyo lok pa jo mukene.
- Pi jo ma cero lok:
  - Pe ilok lok odok lok ikome.
  - Mi loke bot lumemba ma l dul ka ingeye bot en lacer loki.
  - Ka meno pet ye ka konyo gin mo, niang ngat meno ni nyamo lok meno ki romo mede kwede inge yub man.

### **Wi opoo me lupo man ikare weng me nywako tam:**

1. Moti doki jol lumemba weng
2. I acaki me nywako tam wac kom lok ma ki bi nywako ki miti me nywako tam man
3. I agiki me nywako tam, dol wi lok ma dito macek
4. Winy lok pa lamemba ki acel acel doki mi kare ni ma oromo it ngat acel acel
5. Mi lapeny me konyo lumemba nywako ngo ma gingeyo ki ngo ma gimito ngeyo ne
6. Leg jo mukene me gamo lapeny ma dul openyo
7. Cawa weng loke atir bot lumemba, wek wagi orwate ki meg gi doki tii ki alama ma opore me lok
8. Yupe pi dul weng me nywako tam doki wek jami ni weng obed atera. Lub yoo ma imoko wek i tii ki cawa maber
9. Pwor dano weng pi bedo inywako tam. Dano mito neno ni tam ki lapeny ma gimiyo ki tero calo gin ma pire tek.



# **Yoo ma lador yub me nywako tam i dul omyero olubi**

Kom Lok 1: **Nyodo pa Dano**

Kom Lok 2: **Lingo kare marwate me nywal ki lago kin yacu ki  
nywal**

Kom Lok 3: **Dot pi Lago Nywal (LAM) ki Miyo Cak-koo  
Keken it Latin**





# Kom Lok 1: Nyodo pa Dano

Cawa: 1

Miti:

I tic man, dano ma i dul givi lok ikom kit ma kom pa coo ki pa mon me nyodo (bedo ki kero me nywal) gitio kwede wek yacu otimo. Gibi nyamo bene lok ikom nyodo ki kit ma yoo me lago nywal ki gengo yacu tiyo kwede ikom dako ki ikom laco.

Kwena ma pi gi tek:

- Coo tye ki kero me nyodo (nywal) nino weng nicake wa inino ma gucako neno lac-tigo wa i kwo gi weng
- Nicake i kare ma dako otegi, ocako neno ruuk me dwe ni oo wa i kare me tiyo ne ma pe dong neno ruuk, dako romo yac nino manok i dyere ki dyere pa kare kwe me dwe me oo i ruuk me dwe mukene.
- Menstrual cycle (kare kwe me dwe) pat ki menstruation (ruuk). Menstrual cycle en aye nino weng matye ikin ruuk (ony pa remo) me dwe acel me oo wa i ruuk me dwe manyen. Menstruation en aye ruuk (ony pa remo ki ikom dako ikare kwe me dwe).
- Kare magi ki oony pa remo tye ma pat pat bot mon weng.
- Dako romo nywal pien toko tongue ikine nino magi weng. Lanyut tye ikom dako ma wace ikine nino magi mene ma kome tye atera iye loyo weng me nyodo..

Lanyut gin atima:

## 1. Kom pa Coo ki pa Mon me Nyodo

- Wac ki lwak ma i dul ni wabi ceto ka lok ikom nyodo pa coo ki mon ki ngo ma time ikom dako dwe weng. Mabi cako ki neno kit ma gamo icc (yacu) time kwede.
- Tii ki karatac pwony ma cal tye iye (flipchart), yap pot karatac kama cal pa kom alco me nyodo tye iye. Peny gi me tito ngo ma gitye ka neno ne ki ngo ma gingeyo i dul kom me nyodo ki me bwuto pa laco.
- Inge dakika manok pwor gi ka med koo ngec gi ki tito ning dul kom laco ki tic gi ma weko yacu twere. Tir bene ngec mo keken ma pe tye kakare.
- Tii ki karatac ma cal kom dako tye iye, peny gi doki aye me tito ngo ma gitye ka neno ne. Nwo yoo weng ma itiyo kwede ikom dul kom laco.

## 2. Kare me kwe dwe (kare ma ikin ruuk me dwe acel me oo i ruuk me dwe mukene Menstrual Cycle)

- Nyut it jo matye i yub man karatac ma cimo tic ma ki bi timo i menstrual cycle, ka leg gi me cungu i lawala me tic calo dul me waco lok ikom menstrual cycle. Ket karatac magi idye lawala ka wek guyub karatac labongo waco lok mo ikom karatac magi kono do namba ma ki keto ingomi ma cung pi kare ma ikin ruuk acel me oo i ruuk manyen. Wek dano weng ocung i lawala ka guyub lok ikom ngo ma romo time i menstrual cycle. Wek gutiti maber.
- Kace gitye ki lapeny, wac it gi me tic kacel me nongo lagam ka gumede me yupo lok ikom kare meno. Gitye ki dakika 10 me yupo ne ki dakika 5 me tito ne.

- I caa ma gitye ka nywako ikin gi lok gi, nen maber (ka twere bene cor piny) ngec ma mite ni omyero itir nyi imed lok iye. Me tiro ne, peny lapeny ma gin omiyo ka leg jo mukene me miyo lagame.

### 3. WIYE MA DITO

Pwor gi pi lok ki jami weng ma gutimo. Niang gi ni ibi dolo dong te lok weng ki wiye madito pa ngec ma gunywako ikin gi ni.

- Tit ngo ma time ikare meno kun nongo itiyo ki karatac matye ingom.
- Ma peya icako yub man me nywako tam, kwan kong con ngec ma mako lok kom kare matye ikin ruuk me dwe acel me oo i ruuk me dwe mukene (menstrual cycle) matye i Appendix XX me tic kwede i kare me tito lok man
- Lapeny ma gjijingo ngec pa jo ma obedo i yub man me nywako tam:

#### NGEC I WIYE MA DITO

Ikine ka nino me cake pa ruuk me dwe acel me oo i ruuk me dwe manyen, jami mapol time: remo ony, tong dako tegi ma weko en nongo romo yac. Pire tek me weko wi opoo ni menstrual cycle kwako jami magi weng doki ni rii nicake i ony pa remo (ruuk) me dwe acel me oo wa inino ma ony pa remo pa dako me dwe mukene peya ocake.

### LAPENY MA PIGI TEGO

- Mon neno ruuk gi inge kare ma rom mene?**
- Nino adi ma remo me kwe (ruuk) ony ki ikom mon?**
- Mon ngeyo awene ma kwe gi cake iye? Nining?**
- Mon giketo i coc awene ma kwe gi me dwe bino? Gicoyo kwene? Eni tye gin ma mon mapol timo nyo mon manok keken?**
- Medo ikom remo ma ony ki ikom gi dwe ki dwe tye bene gin mukene ma ony ki ikom mon?**
- Dako cawa weng nongo tye ma kome opore me nyodo? Romo yac inino mo keken me dwe?**
- Nino mene ma itamo ni en romo yac iye?**
- Tye yoo mo ma dako romo niang ikom nino ma en romo yac? Nining?**
- Laco kono? Laco tye ki kero me nyodo cawa weng nyio kine mukene keken?**

- Nyat it gi karatac (flipchart) matye ki cal ma nyuto menstrual cycle ka leg ngat acel me tito ngo ma time i kare meno.

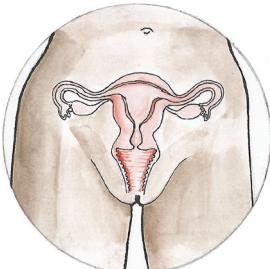
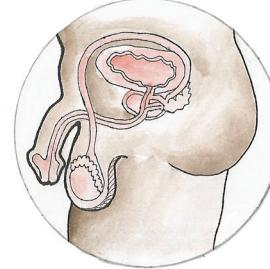
#### 4. NYAM LOK IKOM KOP MOGO MA PE TYE KAKARE

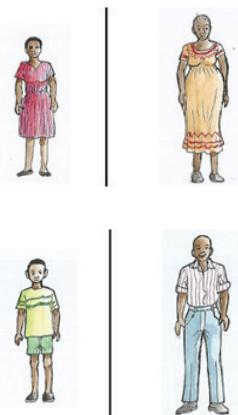
- I kare me nywako tam man, cim kop mogo ma pe tye kakare ma jo ma gi tye i iyub man tye kwede ikom nyodo pa coo ki pa mon. Piny kany tye labol me kop mogo ikom lok man.



LOK MA PE TYE KAKARE	LOK ADA
<b>Ony pa remo me kwe dwe (ruuk) pa dako rom ki kare kwe dwe ne</b>	Ruuk me dwe aye nino ma remo ony kwede ki ikom dako. Kare kwe dwe The cycle aye nino weng matye ikin kwe dwe acel ki pa dwe ma lubo meno .
<b>Dako room yac i kare matye ka neno ruuk.</b>	Kakare kere ada da it dako me yac kace obwuto ki laco ikine ka dyere ki dyere me kare kwe dwe ne, ikine nino me 8 -19 me kare kwe dwe ne. Kace en mito yac, magi aye nino ma en ki cware omyero kin gi orwate i yoo me bwuto.
<b>Obedo tic pa kom dako me nywalo nyako nyo awobi.</b>	Pe kakare. Tong laco aye moko kace latin obi bedo awobi nyo nyako. Nuco cok kulo pa tong laco obi yubo latin laco ki nuco yubo nyako. Kwongo oo pa tong acel ikine aryo magi ikom tong dako aye moko kace latin bi bedo laco nyo nyako.

# Ngo ma mite ni lador nywako tam omyero onge ikom nyodo pa dano

KOM LOK	KOP ME ANGEYA KI AWACA	KOP ME ANGEYA KI TIC KWEDÉ IGAMO LAPENY
<b>Kom pa dako me nyodo (ma tung iye)</b>  	<p><b>NYIM DAKO</b> kubo ot nyodo ki kome ma woko. Remo me kwe dwe mol ki kany. En aye jolo nyim laco ikare me rwate i bwuto doki en aye yoo kama latin ka kinwalo kato ki iye.</p> <p><b>OVARIES</b> aye lenga ma giyubo tong dako. Gin aye yubo bene pig kom mon ma kilwongo ni <b>hormones</b>. Latin ma i icc dongo kany</p> <p><b>OT NYODO</b>. Tong dako ma oribe ki pa laco bedo kany. Kany aye kama latin dongo iye. Kace tong dako pe oribe ki pa laco, remo ma bedo dwe weng inget ot nyodo mol woko.</p> <p><b>OCIKE FALLOPIAN TUBES</b> tye ocike ma gi ding kama tong dako mol ki kato ki iye ni aa ki i ovaries me ceto i ot nyodo.</p>	<p>Nyim dako tek doki kubo ot nyodo ki kome ma woko. Tye dogola me kato pa pig kom dako i kare me kwe dwe; ki dogola me donyo pa pig kom laco. Nyim dako romo tele ma bongo mwole me dwe, nyim laco nyo wi latin bedo iye.</p> <p>Lenga ovary tye tung ryo weng, cok ki ocike ma kilwongo gi ni <i>fallopian tubes</i>. Lenga Ovary tye ki tic aryo: yupo tong dako ki cwalo woko pig kom dako hormones. Dwe weng, ikare ma tong dako otegi, lenga ovary cwalo en tong ma otegi ni. Tong meno kato ki i ocike <i>fallopian tubes</i> kama tong laco ribe kwede me yupe doko latin.</p>
<b>Kom pa laco me nyodo</b>  	<p>Nicake ma dul kom laco otegi en ocako neno lac-tigo (semen), <b>mane mede</b> ki yupo tongue (sperm) jwi.</p> <p>Tong laco kato ki i ocike ma kilwongo ni <b>seminal vesicles</b> ka rupe ki pig kom mogo me yupo lac-tigo.</p> <p><b>Penis</b> en aye nyim laco me nyodo kama lac-tigo nyo lac man me cangati ni kato ki iye.</p> <p>Lac-tigo (semen) kato ki inyim laco me oo wa woko kun nongo wok ki kama kilwongo ni <b>urethra</b>. Man weng ki lwongo ni lac (ejaculation)</p> <p><b>Urethra nyo urinary opening</b> en aye kama lac-tigo kato ki iye.</p>	<p>Tong laco (kodi ma laco coyo me nywal) romo bedo ma kwo ii dako pi nino olo abic ka nok.</p>
<b>Yacu. Tong dako ribe ki pa laco ning?</b>  	<p>Kace laco olayo ma nyime pudi tye i nyim dako, tong laco matye i lac-tigo ne obi kwang donyo wa i ot nyodo pa dako. Ki kunu gikwang wa i ocike <i>fallopian tubes</i> ka romo rwate ki tong dako kace ovary oewalo. Ribe man kilwongo bene ni yacu.</p> <p>Tong laco ma oribe ki pa dako woto dong ceto piny i ot nyodo, bedo kama remo tye ma oromo iye ka cako dongo. Kace tong ma oribe ni dong tye i ot nyodo doki tye dong ka dongo, wa waco ni dako oyac.</p>	<p>Tong laco romo bedo olo pi nino abic ii dako ka ribe ki tong dako me yupe doko latin. Tong dako romo bedo pi nino acel.</p>

KOM LOK	KOP ME ANGEYA KI AWACA	KOP ME ANGEYA KI TIC KWEDE IGAMO LAPENY
<b>Nyodo pa coo ki mon</b> 	<p>Dako romo nywal pien kome yubo tonge i kare weng me kwe ne. Kadi bed tong dako bedo ma kwo pi nino acel keken, dako romo yac ikare me nino mapol.</p> <p>Coo nino weng romo nywal nicake ma kome tegi ocak kwede ki neno lac-tigo. Laco nyo awobi romo yaco dako caa mo keken ma obwuto kwede ma pe ogwoke ki rocbol. Kodi pa laco aye bi moko kace latin bi bedo nyako nyo latin laco.</p>	<ul style="list-style-type: none"> <li>■ Tong laco (kodi pa laco) romo bedo ma kwo ka nok pi nino olo abic ii dako doki romo ribe ki tong dako.</li> <li>■ I nino ma kakare kere it dako me yac, pig kom dako ony ma en romo neno ne bene i nyime. Pig kom ma ony eno ni tye lanyut ni dako tye i nino ma romo yac.</li> <li>■ Pig kom dako mol dwe weng doki gitye lanyut ni dako romo nywal. Kace ony pa remo ne me dwe ojuke, nino mogo kong manok kato labongo mol pa pig kome. Kadong,pig kome cako kato manok, dite mede malupe ki nino ma tye ka kato. Ka pig kome ocako kato, gibedo tye pi nino mapol labongo kin gi cod. Ka doki nino kato mapol labongo pig kome nen, ni oo wang ma ony pa remo me dwe odwogo.</li> <li>■ Pig kom ma ony kit ma kare weng tye lanyut pi yotkom. Pig kom maber ngwece peke, pe ilo kom doki pe kelo arem. Kace ngat mo tye ki pig kom ma ngwece tye ,ilo kom, nyo rii pi nino mapol kato kit ma kare weng, man romo bedo lanyut me two doki latic yotkom omyero oroti.</li> </ul>
<b>Kare me kwe dwe</b> 	<p>Kare me kwe dwe pe rom ki ruuk me dwe. Ruuk en aye kace remo tye ka ony ki ikomi ikare kwe me dwe. Kare kwe dwe kwako nino weng ma ikin ony pa remo me dwe aryo.</p> <p>Ki tiyo ki leb ni 'kare' pien tye gin ma nwoyo time kare ki kare. Ikine kicel i dwe acel dako neno ruuk. Doki kare weng ma ocako neno ruuk meno kare kwe manyen. Pol kare kwe tero nino kine ka 28-35.</p> <p>Ikare kwe me dwe pa dako, koo ot nyodo pa dako yupe me bedo atera pi yacu. Doko kinong me yupe pi tong dako ma obi ribe ki tong laco. Kace yacu pe otime, ot nyodo omyero oket yupe ne ni woko wek oyub manyen pi kare kwe manyen. Remo macon aa ki i ot nyodo kato ki inyim dako calo ruuk.</p>	<ul style="list-style-type: none"> <li>■ Kare kwe dwe tye pat pat bot pi mon weng doki pi dako acel bene romo bedo pat pat. Cake inino me acel me ony pa remo.</li> <li>■ Nino me ruuk (ony pa remo) tye pat pat bot mon weng. Mon weng pat; mukene romo neno ruuk pi nino 3, mukene 5 doki mukene pi nino ma kato magi.</li> <li>■ Dok bene, kare kwe me dwe wel nino ne pat pat. Mon mogo kare kwe gi tero kine ka nino 26 me oo i 32. Mon mukene tye ki kare ma bor mukene macek, man weng bal mo peke iye.</li> <li>■ Ikare kwe me dwe, nino mogo tye ma kakare kere it dako me yac ( nino magi kilwongo gi ni fertile days) ki nino mogo ma nongo kakare pe kere it dako me yac (infertile days). Dako pe romo yac inino matye ka neno ruuk.</li> </ul>

LAKONY LADOR YUB ME NYWAKO TAM MA KITIYO KWEDE I KARE ME NYWAKO TAM IKOM NYODO PA DANO

# Kom Lok 2: Lingo kare marwate me nywal ki lago kin yacu ki nywal

## Miti:

I tic man lumemba me dul gubi loko ikom kare amber loyo it dako me yac pi weko kakare pe obed kere it peko me mako en min latin ki latin ki bene pi ilo malo paco ma yokom tye iye. Ka bene lumemba me dul gubi loko ikom yoo ma pat pat me lago nywal.

## Kwena ma pi gi tek:

- Lingo kare ma rwate me yacu ki lago kin yacu obedo yacu i kare ma dako nongo dong mwaka ne oo 18, doki yacu ma nongo kin gi pe cok tutwal nyo pol tutwal.
- Lago kin yacu konyo gwoko meg i lotino ki lotino bedo ma kom gi yot. Konyo bene paco ki lwak kulo.
- Kwena me lago nywal tye mapol ma mon ki coo ki mon ma i ot gitiyo kwede me lago kin yacu.

## Lanyut gin atima:

1. Peny lapeny matye piny kanyi ka leg lumemba me dul me nywako tam gi ki ngo ma gitamo ikom labol ma gitye ka miyo ne ni. Dor nyamo lok man pi dakika

## LAPENY MA PIGI TEGO

- Ikabedo wa, lotino adi ma pol pa mon nywalo ikare me kwo gi?
- Mwaka pa lotion magi tye adi? Kin mwaka me nywalo gi bor ne rom mene?
- Inge nywalo latin, mon ki coo ma i ot giri pi kare ma rom mene ka doki ginongo latin mukene?
- Mon ikabedo wa gi oo mwaka adi ka gicako nywalo lotino?
- Anga ma moko lok ikom awene ki wel lotion adi ma omyero gibed kwede?

## 2. Wac it lumemba me dul ngec ikom ngo ma oweko lago kin yacu pire tek ki tam ikom bedo ki yacu maber. (Dakika 10)

- Kace dako onguko latin woko con tutwal. →
- Pi lingo kare me nywal maber ki lago kin nywal:
  - **Lingo kare maber:** kur wang ma mwaka oo 18 (con tutwal) me yac pi wang me acel.
  - **Lago kin nywal:** Kur kong okat mwaka aryo inge nywal ka doki i yaci. Pingo man pire tek?
- Pi lago kin yacu, mon ki coo ki mon ma i ot giromo tic ki yoo acel ikin mapol matye me lago nywal pi mwaka olo kong aryo ma peya gucako temo yacu doki.
- Konyo mon ki jo matye i ot me lago kin nywalo lotino gi konyo lwak kulo pien two ki too ikin mon ki lotino bedo manok. Kabene, mon ki coo gibedo ki kare ma oromo me kwan, kare ma oromo me konyo dongo kabedo gi ki dwoko piny rwom can.

Leg lumemba me dul me miyo lapeny ki gamo lapeny ma gupenyo.

## 3. Leg lumemba me dul me tic ki karatac me boko lok. (Dakika 15)

- Ket karatac magi ingom nyo mi guwot ikin lumemba ka peny gi me tito ngo ma gitye kaneno ne i cal meno. Tii ki lapeny man me konyo boko lok.

### LAPENY MA PIGI TEGO

- **Ngo ma itamo ni tye ka time i cal man?**
- **Ngo ma gitye ka tamo ne?**
- **Itamo ni gitye ka lok ikom ngo?**
- **Man tye gin ma time i kabedo ni? Ka kakare, rom ning? Ka ku, pat ning?**
- **Ikin mon aryo ni mene ma mwaka ne opore me bedo ki lotino?**

## 4. Niang ikom ngec ki tam pa lumemba pa dul ikom lago nywal (Dakika 15)

- Peny lapeny magi:
  - Yoo mene ma dano ma i kabedo ni gitiyo kwede loyo mukene?
  - Pingo itamo ni jo mukene pe tiyo ki yoo me lago nywal?
- Kace lumemba guwaco lok ani mo ma pe tye ada ikom yoo me lago nywal, cor gi piny wek omini kare me mini gi ngec ma kakare ikom lok meno. Ikare me nyamo lok, peny gi kace gitamo ni ani meno tye kakare ki pingo nyo ku, ki pingo lwak ma i kabedo gi tamo ni lok meno tye ada.

### NGEC MA PIGI TEGO

- Kace dako onguko latin woko con tutwal:
  - Latin ma ki bi nywalo cok tutwal inge lawote ni, obi bedo ma tidi ada da, nyo kilo ne bedo yot tutwal ikare ma ki nywale
  - Lotino ma ki nguko gi pe giromo dongo maber doki giromo too woko ma peya guoo mwaka 5
  - Kakare kere it mon me weko remo bedo manok ikom gi, nyo me bedo ki arem me nywal ma tero kare malac
  - Mon ma mwaka gi pe kato 18 kakare kere wang kiryo kulo it gi me too i peko ma nywal kelo, ka bene anyira ma mwaka gi pe kato 15 kakare kere wang 15 kulo ka iporo ki mon ma mwaka gi kato 18.

- Wac it gi ni yoo tye mapol ma giromo yero ki ikine: →
- Kwang ikin lumemba karatac matye ki yoo weng iye me lago nywal. Peny lumemba me yero acel ka guwac ngo ma gingeyo ikom yoo meno. Jo mukene romo konyo bene. Peny gi me miyo ngec matut ikom yoo magi ka cor piny ngec mo keken ma pe tye kakare. Iromo medo ngec kace gunywako ikin gi ngo ma guwinyo.

## 5. Gony tyen lok ma pi gitek ka med ngec iye. (Dakika 10)

- Kwan con ngec matye i coc ma ogiko wek okonyi me gamo lapeny.
- Dol te nyamo lok man ki waco wit lok ma dito ma giromo dok kwede paco, gilwodo doki gubi nyamo lok iye ki jo mukene. →
- Ma peya igiko yub man, neni iniango lumemba pa dul ikom kwene ma giromo ceto ka nongo iye yub me lago nywal:
  - Jo matye ki miti me tic ki yat *pill*, yat atuca, yat akwoya i bad, yat aroya i ot nyodo IUD nyo yoo ma juko nyodo matwal giromo ceto i odi yadi ma ki coyo tye i karata.
  - Jo matye ki miti ikom Tiko-lago nywal, Yoo me Nino Aryo nyo LAM giromo bedo i yub me nywako tam i dul kacel ki lador yub meno. Mi ngec ikom awene ki kwene ma yub man time iye.

### NGEC MA PIGI TEGO

- Yoo mukene mite ni ki tii kwede **nino weng** (calo yat pill) **nyo cawa weng me bwuto** (calo roc-bol).
- Yoo mukene tero **kare manok** (calo yat atuca). Man latic yotkom aye tuco ikom dako.
- Yoo mogo tye ma rii pi **kare malac** (calo mola ki tol IUDs). Man latic yotkom aye keto ikom dako ki i ot yat.
- **Yoo mukenne** tye ma konyo dako me ngeyo nino mene ma kakare kere it dako me yac (calo dot pi dwe 6 ma okwongo inge nywalo latin kace ruuk me dwe peya odwogo. Nyo calo Tiko-kwe nyo Yoo me Nino Aryo me lago Nywal).
- **Yoo ma bedo naka** (calo tweyo ocike ot nyodo). Man dakta aye omyero otim ki i ot yat.

### NGEC MA PIGI TEGO

- Lago nywal tye iye moko wel lotino adi me bedo kwede ki awene me nongo gi wek latin acel acel onong mar, gwok ki pwony ma oromo.
- Lago nywal twere i yoo me tic ki yat ki cango kero ma nongo peke me nywal.
- Moko awene me nongo lotino ki wel lotino adi obedo tic pa laco ki dako ne.
- Lago nywal pire tek it jo ma pudi onyome anyoma rom aroma ki jo ma dong gitye ki latin acel nyo ma kato.



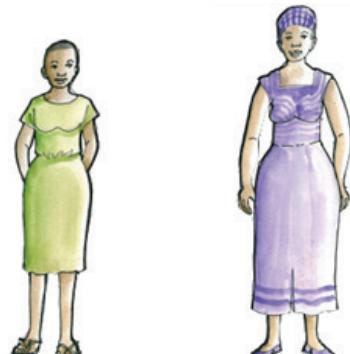
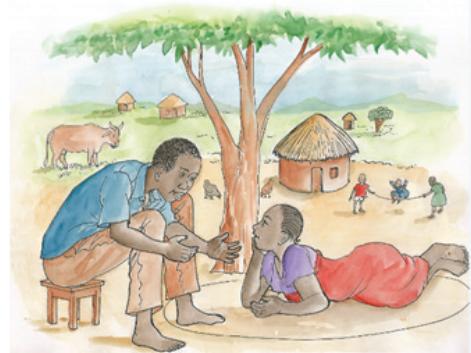
## 6. NYAM LOK IKOM ANI MA PE TYE LOK ADA

- Ikare me nywako tam man iromo niang ikom ani mogo ma lumemba guwinyo ilok kom yoo me lago nywal. Piny kany tye ani ma pol kare wire ikin dano ikom lok man.

Lok ani ikom yat (pills)	Lok ada
<b>Yat gi gure gimake matek ikomi gikelo two kanca.</b>	The pill does not cause cancer. It is dissolved inside the body.
<b>Mon ma mwunyo yat magi pe gi bi bedo ki kero me nywal i anyim.</b>	Yat pe gigengo nywal matwal. Pol pa mon ginywal cut cut inge weko mwunyo yat. Mon mukene romo tero nino 3 me oo i 4 me yac inge weko mwunyo yat — rom ki mon ma pe gitiyo ki yat man.
Lok ani ikom yat atuca	Lok ada
<b>Peke pa kwe dwe malupe ki tic ki yat Depo rac pi yotkom dako.</b>	Peke pa kwe dwe ikare me tic ki <i>Depo time pien</i> ni mon ma gitiyo kwede tong gi pe tegi doki mol pa remo bedo peke ni aa ki i ot nyodo. Man pe tye gin mo marac.
<b>Depo romo weko icc ony woko</b>	Pe kelo ony pa icc pien tong dako ki tong laco pe giribe. Pi meno ony pa icc peke.
<b>Jo ma tiyo ki Depo pe dong gib yac kadi bed guweko tic kwede.</b>	Dok cen i yacu bedo mot kace itiyo ki <i>Depo</i> . Mon mukene romo tero dwe kine ka abicel me oo i abungwen ka wek doki guyaci.
<b>Depo romo kelo two kanca.</b>	Depo pe kinongo ni romo kelo two kanca. Ki niang aye doki ni romo gengo two kanca me lenga ovaries ki <i>endometrium</i> .
Lok ani ikom yoo me lago nywal IUD (mola ki tol ma ki royo i ot nyodo)	Lok ada
<b>IUD romo aa ki i ot nyodo ceto i dul kom mukene.</b>	IUD pe romo ceto i dul kom mukene.  IUD latic yotkom ma opwonye keken aye royo i ot nyodo pa dako doki latic yotkom ma opwonye keken aye romo kwanyo ne. Kine mukene, manok ada da, ka okato woko kene, ki kwanyo ki inyim dako.
<b>Tol IUD romo dwale inyim laco icawa me bwuto.</b>	Man pe tye kakare, tol meno cek ada da.

<b>Lok ani ikom tweyo ocike ot nyodo (Tubal Ligation)</b>	<b>Lok ada</b>
<b>Tweyo ocike ot nyodo pa dako weko kare neno ruuk ne me dwe loke woko.</b>	<p>Tweyo ocike ot nyodo pa dako pe balo kare kwe pa dako.</p> <p>Kare kwe ki rii ne jami mapol aye romo balo ne, calo pit marac ki aloka loka pig-kom.</p>
<b>Mon ma ocike ot nyodo gi kitweyo pe ginongo mit pa bwuto ki laco</b>	<p>Man pe kakare. Dako obi nen doki winyo kome ginyo marom aroma kit ma peya kitweyo ocike ne. Romo nongo ni bwuto dok bene mit loyo pien pe dong obi paro loka yacu.</p>
<b>Inge tweyo ocike ot nyodo gi, mon doko goro ma pe giromo timo tic.</b>	<p>Tic ma tidi me tweyo ocike ot nyodo pe romo balo kero pa dako. Mon mede ki timo tic gi labongo ayela inge tic man me tweyo ocike gi</p> <p>Goro pa kom weng pa dako romo bedo pi jami calo two, peke pa nino, nyo pit marac.</p>
<b>Lok ani ikom tweyo ocike ot nyodo</b>	<b>Lok ada</b>
<b>Tweyo ocike ot nyodo pa laco weko laco rwenyo miti me bwuto.</b>	<p>Laco obi nen doki winyo kome ginye marom aroma kit ma peya onongo ki tweyo ocike ne.</p> <p>Tweyo ocike ne pe balo telo pa nyime nyo lace i cawa me bwuto. Peko me telo romo bedo pi tam ma i wiye.</p>
<b>Tweyo ocike pa laco weko laco pe romo bwuto ki dako</b>	<p>Tweyo ocike gengo keken tong laco (sperm) me oo ribe ki tong dako me doko latin. Laco mede ki telo labongo ayela mo doki layo bene layo i cawa me bwuto.</p>
<b>Lok ani ikom roc-bol (Condoms)</b>	<b>Lok ada</b>
<b>Roc-bol dwoko mit pa bwuto ikin laco ki dako.</b>	<p>Pi jo mogo, man romo bedo ada. Ento man omyero pe obed kumeno. Pien roc-bol pe ki cako tic kwede wang ma laco ki dako dong weng gitye ki miti me bwuto</p>
<b>Roc-bol mukene tino pe romo coo mukene</b>	<p>Pol pa roc-bol rwate ki dit pa nyim coo weng kace kitiyo kwede kakare.</p>

## Karatac me tic pa lador yub me tic kwede i lok man



## Ngec ikom lago nywal

### Kop me angeya ki awaca

#### Ikom kit ma yoo me lago nywal tiyo kwede

- Yoo ki acel acel me lago nywal jenge olo ikom nyodo pa laco nyo pa dako.
- Ngeyo kit ma yoo me lago nywal tiyo kwede ikom dako nyo laco me gengo yacu romo konyo ngat matye ka tic ki yoo meno me tic kwede maber doki kit ma mite:
- Roc-bol umo nyim laco i kare me bwuto gengo tong laco me donyo i ot nyodo ne. Kondom pa mon ki keto wa ii nyim dako dok bene gengo tong laco donyo wa i ot nyodo pa dako.
- Yat **pills** ki yoo mukene gengo kom dako yupo tongue, pi meno kadi bed tong laco tye i ot nyodo pa dako, tong dako bedo peke me ribe kwede doko latin.
- Mola ki tol ma ki royo i ot nyodo (IUDs) romo yupo kwir **chemical** ma neko tong laco nyo tong dako, nyo gengo dongo pa i ot nyodo.
- Ki yub me ngeyo kare me nyodo (FAM) dako niang ikom nino mene ma en romo yac iye. Pi gengo yacu laco ki dako gi romo tic ki roc-bol nyo giweko kin gi pe rwate inino ma kakare kere it dako me yac.
- Yoo ma twala me lago nywal culo ocike ot nyodo ma kwango tong laco ikome nyo culo ocike ma kwango tong dako en ikom dako. Man weko tong dako ki tong laco pe giribe.

### Kop me angeya ki tic kwede

#### Me gamo lapeny ikom ngo ma mite me bedo ki ngec iye kace itye ka tic ki yoo magi

- Yoo mukene me lago nywal kelo aloka loka ma pe bedo naka ikom dano. Pire tek it mon ki coo me ngeyo ngo ma bi time wek pe gubed ki par.
- Mon ma ginongo lanyut ma pat ki matye piny kanyi omyero gunong kony pa dakta:
- Ngo ma omyero inge ni romo time kace itye ka tic ki yat atuca: (1) Wiyeati mol pa remo ruuk ma kare ne pe rom, ka lubo ki mol pa remo kicel kicel nyo pe pa ruuk kulo i dwe. Man gin ma time doki pe kelo peko mo; (2) aloka loka pek pa kom manok; ki (3) inge weko tuce, romo kato dwe mapol kong ka doki yacu twere.
  - Ngo ma omyero inge ni romo time kace itye ka tic ki yat amwunya pill: (1) Kine mukene mol pa remo ruuk ma kare ne pe rom bedo tye wiyeati, lubo ki mol pa remo manok i dwe ki arem me kom ma pe tek; nyo (2) Mon mukene ii gi bale (cado) nyo gibedo ki abarwic manok ma rweny woko inge dwe manok.
  - Ngo ma omyero inge ni romo time kace itye ka tic ki yat amwunya **mini-pill**: Aloka loka i mol pa remo ruuk me dwe ma ikene pe mol ikare ma rom, bedo manok, bedo mapol nyo bedo peke kulo i dwe, tye gin ma time doki pe romo kelo peko mo.
  - Ngo ma omyero inge ni romo time kace itye ka tic ki yat akwoya i bad **Implant**: Aloka loka i mol pa remo ruuk me dwe ma ikene pe mol ikare ma rom, bedo manok, bedo mapol nyo bedo peke kulo i dwe, tye gin ma time doki pe romo kelo peko mo.
  - Ngo ma omyero inge ni romo time kace itye ka tic ki IUD: Arem moko iringo kom, ony pa remo mapol ikare me kwe dwe ikine me dwe manok ma pudi icako tic kwede acaka.
  - Dot pi Lago nywal (LAM), **Standard Days Method**, yoo me Nino Aryo, Roc-bol ki wote woko ma pudi pe ilayo ikom dako gipeke ki aduki mo keken marac ikom dano. Pol pa yoo mukene me lago nywal gitye ki aduki gi mogo ikom dano inge tic kwed gi ma pol gi rom rom dok bene gi romo rweny woko ka imede ki tic ki yoo meno.

# Kom Lok 3: Dot pi Lago Nywal (LAM) ki Miyo Cak-koo Keken it Latin

## Cawa: 1

### Purpose:

I tic man lumemba ma i dul givi nywako ngec gi ikom dot i tuko ki boko lok ma givi bedo iye. Lumemba bi niang kit ma omyero ki tii kwede ki DOT PI LAGO NYWAL (LAM) me gengo yacu pa mon ma pudi gitye i dot. Kabene lumemba ma i dul man givi nyamo lok ikom nyodo ki yoo me ngopo kin yacu ki gengo yacu inge DOT PI LAGO NYWAL.

### Kwena ma pi gi tek:

- LAM is safe, natural and no side effects.
- LAM has many health benefits for mother and baby.
- LAM can be used immediately after childbirth.
- LAM works for women when her menstrual bleeding has not returned; **AND** she only breastfeeds her baby; **AND** the baby is less than six months old.
- Breastmilk provides babies all the liquid and food they need during their first six months of life.

### Lanyut gin atima:

#### DUL ME 1 ACAKI-(Dakika 15)

1. Wac it lwak lok ikom Joy. Niang gi ni gubi tiyo ki lok pa Joy me tuko goga me nyuto gin ma gineno tye ka time i kabedo gi (Dakika 5)
2. Lwong jo ma odyere me nyuto tuko ikom Joy. Niang gi ni gitye ki dakika abic me yupo tuko meno (goga) ki dakika abic me tuko ne.
3. wac it gi ni gi bineno tuko meno anena labongo balo ne ento omyero gumak (ki wi gi) ngo ma gimoto nyamo ne ikom tuko meno.
4. Mi kare it gi me tuko gin ma gucoyo piny ki ikom lok pa Joy. (Dakika 5)

#### DUL ME 2: Keto tuko meno I tic- (Dakika 20)

5. **Kace tuko meno dong otum, dor nyamo lok ki dano weng ikom ngo ma guneno:**
  - Kace kakare, gony maber tyen lagami
  - Kace ku, ngo ma iromo timo ne ma pat? Gony maber tyen lagami

## LOK KOM JOY

**Dul me1** – Joy iye odongo ki latine me acel. Mito ni edot latin wek odong obed matek dok ma kome yot.

**Dul me 2** - Joy ki cware gimoto ni gikur kong wa inge mwaka mapol ka doki ginong latin mukene. Owinyo ni pe ebi yac kace ebedo ka dot. Min cware (daa ne) iye yom ikom en Joy pi lakware doki tye ki miti ni latin mukene obin oyot.

## LAPENY MA PIGI TEGO

Ka onongo itye min cwar (daa) Joy onongo bene iromo time gin aceli?

- **Kace kakare, gony maber tyen lagami**
- **Kace ku, ngo ma iromo timo ne ma pat? Gony maber tyen lagami**
- **Ibi tito ningin lok ikom jami ma beco ma ingeyo ikom dot wek lakware odong ma kome tek doki yot?**

### 6. Kace lumemba tye ka miyo lagam it jo ma odyere, winy ka cor piny lok ikom:

- Gin ma lwak tye ka timo ne kom kare ni ka mok peko ki ngo ma kelo peko magi
- Ngec ma pe tye atir nyo kakare
- Ani

### 7. Tii ki gin ma ineno nyo iwinyo ka icoyo piny me:

- Roto ngec matye atir ikom **DOT PI LAGO NYWAL (LAM)** kun nongo itiyo ki Client Card
- Wac inwo tim ma tye kakare ikom **DOT PI LAGO NYWAL** ki dot

## DUL ME 3: Roto ngec ma ki nongo i pwony (Dakika 20)

### 8. Rot ngec pa dul kuman:

- Pok dano i dul aryo ka mi it dul acel acel karatac marom.
- Wac it jo ma i dul #1 me keto karatac magi ma giromo tito yoo ma romo **konyo Joy tiyo ki dot keken calo Dot pi Lago Nywal (LAM) me lago kin yacu.**
- Wac it jo ma i dul #2 me yupo bene lok mukene me **konyo Joy tic ki dot keken labongo miyo gin acama nyo amata ma pat it latin pi weko latin bedo ma kome tek doki yot.**
- Tit it gi maber ni mite ni guyeki karatac ma gitamo ni tye kakare me waco lok gi pi konyo Joy ki min cware(daa ne). Pe ni karatac weng kony gi romo bedo tye me waco lok gi.

### 9. Dwok dul aryo ni weng kacel wek dul acel acel omi loke. Kace lok weng ki miyo, tim gin man:

- Peny jo ma i dul #1 me cimo ki kwanyo karatac ma ki keto kama rac ka gutit bene pingo. Nen ni lok magi weng tye ki karatac ma gitye kakare.
- Nwo neno doki kong ber pa dot it latin ki min latin. Tit ni lok pi dul #2 jami magi ma beco ni omyero obed iye. Peny gi me cimo ki kwanyo karatac me pe mite ni obed i lok meno.

### 10. Peny lumemba kace gitye ki lapeny ka mi lagame ki tiro lok me agiki. (Dakika 5)

11. **Wac lok ada ma ruco ani ikom DOT PI LAGO NYWAL.** Dol te lok ma dito ma pi gi tek i pwony ikom Dot pi Lago Nywal kun nongo itiyo ki ngec matye i karatac:

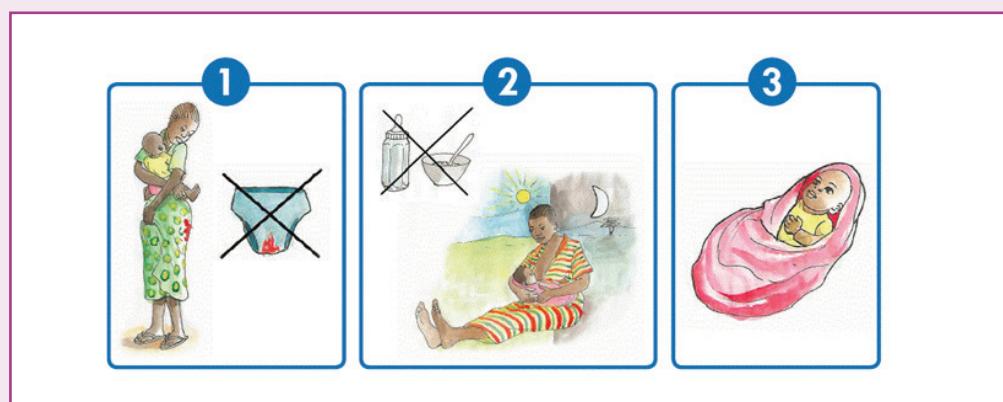
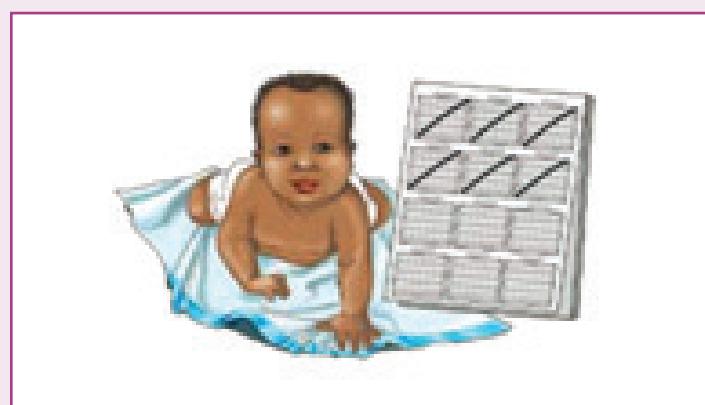
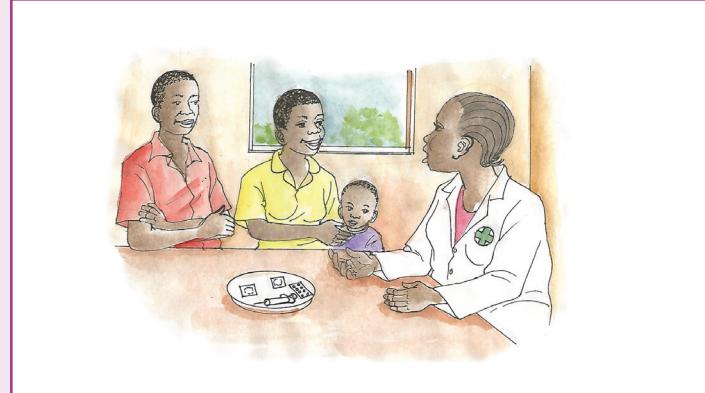


<b>Lok ani ma pe tye kakare ikom Dot pi Lago Nywal ki Dot</b>	<b>Lok ada</b>
<b>Mon ma gi dot pe giyac pi mwaka mapol.</b>	Man pe tye ada. Dot romo galo kero nyodo pa dako me dok cen. Ento dot kene pe romo gengo yacu. Doki Dot pi Lago Nywal (LAM) ki romo tic kwede pi dwe abicel inge nywlo latin. Inge dwe meno yoo mukene omyero ki tii kwede.
<b>Dako ma weko latin ne gang en ceto ka tic romo biyo cake abiya calo yoo me Dot pi Lago Nywal (LAM).</b>	Dot pi Lago Nywal (LAM) mite ni latin odot cak tere tere i dye ceng wa i dye wor. Biyo cak abiya pe konyo dog tuno me gengo tong dako tegi. Latin keken aye ka doto cak-koo konyo gengo tong dako tegi.
<b>Dot ki Dot pi Lago Nywal (LAM) girom.</b>	Dot keken pe romo gwoko dako wek pe oyaci. Dot pe rom ki tic ki Dot pi Lago Nywal(LAM)Three conditions are required: . Dot tiyo maber calo yoo me lago nywalLAM requires that all three conditions exist at kace latin nongo cak-koo KEKEN (cam mo mapat nyo gin amata mo mapat ku), ruuk PUDI pe odwogo, doki latin pe kato dwe 6.

## Karatac ngec ma pi gi tek ikom dot ki dot pi lago nywal (LAM)

LOK MA PI GI TEK ME ANENA	KOP ME ANGEYE KI AWACA	KOP ME ANGEYA KI TIC KWEDE IGAMO LAPENY
<b>1. Ngo ma Dot Keken (exclusive breastfeeding) obedo</b>	Cake inge nucu cawa ma kinywalo ki latin me oo i dwe 6 ma min latin dot keken labongo rupo ne ki cam mo, gin amata nyo pii.	Doto latin tek latin mito, obi konyo cak mede ki mol.
<b>2. Pingo pire tek me cako doto latin ikine ka nucu cawa ma kinywalo ki latin?</b>	<ul style="list-style-type: none"> <li>■ Dot konyo cako mol pa cak-koo</li> <li>■ Cak-koo me acel konyo gwoko yotkom latin (bedo calo yat agwera)</li> </ul>	Dot pa latin konyo tuno koo min latin me yupo cak-koo
<b>3. Jami 3 ma weko dot tye yoo me lago nywal</b>	<p>Pi LAM wek ogeng yacu, jami 3 omyero ki cobi:</p> <ul style="list-style-type: none"> <li>■ Dako weko latin doto cak-kore keken (dot keken labongo cam mo, gin amata, nyo pii it latin).</li> <li>■ Ruuk me dwe peya ocake nicake ma nywal.</li> <li>■ Latine pe ksato dwe 6.</li> </ul>	Doto latin tere ter tek latin mito, dok neno ni latin odoto cak mapol kit ma twero, obi gengo tong dako tegi doki gengo kero pa dako me neno ruuk.
<b>4. Kit ma dako romo yac kwede kadi bed en tye i dot</b>	<p>Jami tye adek ma romo kelo yacu it mege matye i dot:</p> <ul style="list-style-type: none"> <li>■ Kace dako neno ruuk ne inge dwe mogo ma onywal kwede</li> <li>■ Kace dako meno pe dong tye ka dot keken ento weko latin camo doki mato gin mukene</li> <li>■ Kace latin kato dwe abicel</li> </ul>	<p><b>Kit ma tiyo kwede:</b></p> <ul style="list-style-type: none"> <li>■ Tek latin omako ka odoto dog cak, weko dog cak cwalo kwena wa i adam pa min latin me juko tong dako matye i ovaries tegi</li> <li>■ Kace tong dako pe otegi, kwe me dwe pe romo time</li> <li>■ Wel kwena ma ceto i adam lupe ki wel doto dog cak ma latin doto; ka odoto mapol kwena bene ceto mapol i adam me juko tong dako tegi. Kupe ki lok tiko nwone ikin dog cak, adam ki ovaries.</li> <li>■ Pito latin ki cam mukene, gin amata nyo pii nyo bedo pi wang cawa ma kato 4 labongo dot kace latin mito balo kupe ki lok ma aa ki i dog cak me ceto i adam pi meno ovaries bi mede anyim ki tic weko tong dako tegi.</li> </ul>
<b>5. Ngo ma oweko dwe 6 ma okwongo me dot keken labongo miyo gin acama nyo amata mo ma pat konyo kobo i yoo mukene me lago nywal</b>	<ul style="list-style-type: none"> <li>■ Miyo kare me cako tamo yoo ma cwinyi oyero me tic kwede</li> <li>■ Kare me nyamo ki lawoti ma i ot ikom yoo maber loyo me lago nywal ma uromo yero ne</li> </ul>	<p>Yoo me lago nywal ma mege matye i dot giromo tic kwede:</p> <ul style="list-style-type: none"> <li>• Yat atuca(Injectable)</li> <li>• IUD</li> <li>• Yat amunya (Pill)</li> <li>• Roc-bol (Condom)</li> <li>• Yoo nino Aryo (TwoDay Method)</li> </ul>

## Karatac tic pa lador nywako tam ikom lam ki dot





# Lesson ma ki yubu me kubu lwak I dul

Kom Lok 4: Nywako Tam ikom Tic ki Yoo Tiko me Lago nywal

Kom Lok 5: Nywako Tam ikom Yoo me Nino Aryo me lago  
**Nywal (TwoDay Method of Family Planning)**



# Kom Lok 4: Nywako Tam ikom Tic ki Yoo Tiko me Lago nywal

**Cawa:** Acel ki nucu

**Miti:**

I tic man, ngat acel acel nyo laco acel acel ki dako ne ma gitye ki miti me tic ki SDM gi bi ngeyo kace gitye ki jami weng ma yee it gi me tic kwede. Gi bi nonogo bene cik ma tito it gi kit me tic kwede.

**Lanyut gin atima:**

Lanyut gin atima: Lanyut gin atima man bi konyo lupwony, ma kipwonyo gi ikom SDM, me weko wi gi opoo ikom yoo ma omyero gulubi kace gitye ka nywako tam ki mon wa ki coo ikom yoo man.

YOO ALUBA	TIC PA LADOR NYWAKO TAM
<b>1. MOT JO MATYE I YUB MAN</b>	Mot jo matye i yub man me nywako tam, peny mene ma gitye ki cog gi ki mon gi kenyo, wek guket cing gi i karatac ma moko bedo gi i yub man.
<b>2. YUPE</b>	<ul style="list-style-type: none"><li>■ Jol ka wek lumemba obed agonya</li><li>■ Nyute ka wek jo mukene bene gunyute</li><li>■ Mok cik ma dul omyero olubi:<ul style="list-style-type: none"><li>• Me gwoko mwung (confidentiality)</li><li>• Woro ngat acel acel</li><li>• Konyo ngat acel acel ma ikin gi</li></ul></li></ul>
<b>3. TIT MITI PA NYWAKO TAM KI DUL</b>	<ul style="list-style-type: none"><li>■ Mok ni yub man tye pi jo matye ki miti me pwonyo tic ki yoo man me lago nywal.</li><li>■ Man pe yub me miyo ngec keken. I agiki ne ibi moko tami kace omyero idok pacu ki yoo man me lago nywal. Nyut tiko ma lacen gibi pwonyo tic kwede.</li></ul>
<b>4. MI LAPENY ME CAKO YUB.</b>	<ul style="list-style-type: none"><li>■ Miti ango ma itye kwede pi lago kin yacu ni?</li><li>■ “Ngo ma itye ki gen me nongo ne itum pa yub man ma rwate ki miti meno?”</li></ul>



## **5. MI LAPENY MA ROMO KONYO LUMEMBA ME NIANG KACE GI PORE ME TIC KI YOO MAN.**

- Tit macek ni Tiko-kwe cung me kaka kare Kwe-dwe-pa-mon ma tong gi tegi kwede. Kare me tegi pa tong mon cake inino me acel me neno kwe (oony pa remo). Nino me acel ma remo kwe ocako oony kwede en aye bene acaki me tegi pa tong manyen pa dako.
- Peny gi me niang ngo ma gingejo ikom kare me tegi pa tong mon ki kwe me dwe:
  - Pol kare, mon neno kwe gi inge kare marom mene? Caa weng bedo marom?
  - Peny kace jo matye i yub man giromo nywako ngec ikom kwe gi me dwe (nyo kwe dwe pa mon gi)
- Niang kace iromo tic ki yoo man doki kace itye agonya me aa nyo bedo.
- Yoo me tic ki Tiko- kwe me dwe pe tye pi dano weng, cik tye aryo: kare ma rom mene ma kwe tero ki mok pa laco ki dako.

### **Yeki pi niang bor pa kare kwe**

- Peny jo ma neno kwe gi dwe weng me ilo cing malo.
- Kwe bino dwe weng ma nongo dako bene tye ka geno ni obi bino? (yoo man tye pi mon ma gineno kwe gi kare ki kare kine kicel i dwe acel)
- Peny kace ngat mo tye ka tic ki yat me yoo lago nywal nyo IUD i kare man. (yoo man tye pi mon ma pe gitye ka tic ki yoo mo keken mukene me lago nywal)
- Peny kace ngat mo tye ki latin ma pe kato mwaka 1. (yoo man tye pi mon ma pe gunywal ma cok coki)

### **Yeki pi mok pa laco ki dako**

- Can the couple agree on protection during fertile days (12 white bead days)? That means using a condom during the fertile days or abstaining from sex.  
(this method works only when the woman and her partner communicate and agree to use condoms or not have sex when she is fertile)



## 6. TIT KIT MA YOO MAN TIYO KWEDE; KIT MA KITIYO KWEDE

### Nyut kit ma yoo man tiyo kwede

- Lub lanyut me tic ki yoo man (ma ki keto i boc ma Tiko-kwe man tye iye) nyut kit ma yoo man tiyo kwede.
- Tii ki tiko me tito:
  - Rangi ki yoo me nyiko lagit ki ngo ma time ki rangi acel acel
  - Roto tere tere kare marom mene ma kwe dwe ki tegi pa tong dako tero
  - Ka wi owl kono – neno kalenda nino dwe
  - Awene me cako ne, awene me ceto ka neno lami kony
- Mi lapeny me niang kace ngo ma iwaco ki niang iye maber

### Ket itic kit me tic ki yoo man

- Mi tiko it dano adek
  - Wac it gi me yapo ngec ma tito it gi kit me tic ki tiko magi. Kwan ka nyut lok magi.
  - Peny gi me leyo tito ne ki ngat acel acel kit me tic ki tiko man.
- Lwong laco acel me tito ne. Ka lwong dako acel me tito ne.
- Tii ki karatac ma nyuto kit me tic ki roc-bol me nyuto kore ki kore kit me tic ki roc-bol
- I agiki me tic man peny gin weng me dwoko tiko cen.

## 7. NYWAK KI LUMEMBA NYAMO TAM IKOM KIT ME TIC KI KARE MA KAKARE KERE IT DAKO ME YAC

### Pi laco ki dako

- Mi lapeny ma kelo lwodo tam ki nyamo lok ikom bwutu pa coo ki mon ki lok ikin gi. Kal lapeny ma inongo pe itye agonya ka penyo gi.
  - Iromo lok atyer ki lawoti ma i ot ka keti pe imito ni kin wu orwate i bwuto?
  - Iromo weko kin in pe rwate ki dako ni nyo itiyo ki roc-bol inino ma kare kere it dako me yac?
  - Kare mukene tye nyo gwoki ma ngat acel keken aye mito bwuto? Ngo ma romo time i kare man?
  - Ngo ma imito temo timo ne me weyo yacu inino ma kare kere iri me yac?
  - Itamo ni cwari/lawoti obi cwako tam man?
  - Itamo ni iromo tic ki roc-bol?
  - Tye gin mo ma pat ma coo ki mon ma i ot giromo timo ne me gengo yacu i nino ma kare kere it dako me yac? Tim mukene me miti i yoo me bwuto ma aduki ne pe bedo yacu?
- Peny coo ma i dul me miyo tam ikit me tic ikom apoka poka ki mon gi (kwanyo kare me wot, keto lok woko, wot ceto cen wang ma kiniga dong peke)



## 7. NYWAK KI LUMEMBA NYAMO TAM IKOM KIT ME TIC KI KARE MA KAKARE KERE IT DAKO ME YAC

- Kony lumemba me dul me cimo peko ma romo bedo tye ikare me tic ki yoo man. Peny:
  - Dako romo weko cware ngeyo ningning nino mene ma kin gi romo rwate nyo pe romo rwate?
  - Yoo ango mukene ma iromo tamо pire me gengo yacu inino ma iromo yac iye? Itamo ni lawoti mito timo ngo me gengo yacu inino tiko matar?
  - Kace in itye laco, gin ango mukene ma iromo timo ne itic ki yoo man?
  - Kace in itye dako, itamo ni cware obi tamо ni ngo ikom weyo bwuto ma pe ogwoke iye inino ma nongo iromo yac iye? In kono?
  - Itamo ni in ki lawoti uromo nongo peko mo itic ki yoo man? Peko ango ma uromo nongo ne?
- Wac ni coo ki mon gi ma pe giromo moko tic ki roc-bol nyo weyo bwuto inino ma kare kere it dako me yac omyero pe guti ki yoo man. Mi it gi karatac (card) me lago nywal wek gulim ot yat gunong yoo mukene.
- Pi ngat ma cware doko ger kace en owace pi yoo man, nyo owace me tic ki roc-bol nyo me bedo labongo kin gi rwate i bwuto, omyero guti ki yoo mukene... mi it gi karatac me lago nywal wek gulim ot yat.
- Coo ki mon ma i ot omyero bene guti ki yoo mukene kace mato kongo weko doko tek me poro lok me tic ki roc-bol nyo bedo labongo bwuto doko tek.
- Peny mon ma i duli kace gingeyo kama omyero guget iye kace cog gi ogoyo gi/omini gi bura

## 8. MI LAPENY MA CUKO CWIN: Ti ki lagam pa dul me miyo lapeny mukene me oo i miti gi

- **Mi lapeny ikom ngo ma otiyo i kare ma okato anges:** ‘Ikare ma okato anges ibedo ki kero ningning me moko/kwanyo yoo ma beco?’
- **Mi lapeny ikom kit anyim ma mite:** Ineno anyimi tye ningning kace iyero gin ma cwinyi mito (cobo miti ni?)
- **Lapeny ikom dongo anyim:** ngo ma dong icobo timo ne malupe ki miti ni?
- **Lapeny ma cuko cwiny:** Kace i aa malo kidiko acel inongo ni icobo miti ni woko, ibi winyo ningning?

## 9. KATALA PI NGAT ACEL ACEL ME NENE KENE

- Peny gi me nywako yoo ma gibi kwanyo ne me copo miti gi kace gu aa ki i yub man me nywako tam
- Peny gi me miyo makci it gi keken gi ki ikom 10 ka gudwogo i dul me aryo ka nywako kit ma gitye ka keto kwede i tic ngec ma gunongo.



## 10. CETO PACO KI YOO MAN

- Pi jo ma pe gitye ki jami weng ma mite pi yoo man, mi karatac me ceto ka nongo yoo mukene me lago nywal.
- Pi jo ma gineno kwe me dwe (mon gi neno) dwe weng, peny kace gitye ki miti me tic ki yoo man. Mi tiko it jo meno.
  - Tit it gi me cako tic ki tiko magi inino me acel ma dako ocako neno remo kwe ne me dwe. Inino meno, ket lagit ikom tiko ma kwar ka mede ki nyiko lagit ikom tiko acel inino acel.
  - Poo wi gi me tic ki roc-bol nyo me bedo labongo weko kin gi rwtae i yoo me bwuto i nino tiko matar. Ka bene guti ki roc-bol wang ma gucako tic ki tiko pi wang me acel.
  - Kace dako meno kwe ne pe cake, lok ki lupwonye. Kabene tek kwe ne cake con (ma pe oo ikom tiko macol) nyo cake mot ( pe cake inge tiko me agiki)
- Nen coc weng ma tito ngo ma omyero ki tim ka gony tyen gi ki acel acel kun icimo it jo matye i pwonye man me roto matye bot gi. Pire tek ni jo matye ka nongo pwony man guroto doki guniang maber cal matye i karatac.
- Peny kace ngat mo tye ki lapeny ka mi lagame bene.

## COB NYWAKO TAM MAN:

- Peny ngat acel acel me niang kit ma pwony olo dong owoto kwede
- Poo wi gi ni giromo copo miti gi
- Poo wi gi ikom cik adek: gwok ngec weng pa dul i mwung, bed ki woro ki kony ikom ngat acel acel
- Peny gi lapeny ma pi gi tek ikom yoo man pi moko ni guniang ikom yoo ma omyero gukwany ki acel acel maber ki bene ikom awene ma omyero gunen ki latic yotkom.
- Wac it gi awene ma yub mukene me nywako tam ma lubo man doki bi bedo iye ( kace ngec tye iye)



# Kom Lok 5: Nywako Tam ikom Yoo me Nino Aryo me lago Nywal (TwoDay Method of Family Planning)

## Cawa:

Acel ki Nucu

## Miti:

I tic man, dano ki acel acel ka bene jo ma i ot ma gitye ki miti me tic ki Yoo Me Nino Aryo me lago nywal, gibi niang kace gitye ki jami weng ma mite pi yoo man. Gibi nongo bene lok ma cimo it gi ngo ma omyero gutim kace gitye ka tic ki yoo man

## Lanyut gin atima

Lanyut gin atima man bi konyo ludor yub, ma ki pwonyo gi ikom SDM, wi gi poo ikom yoo ma omyero gulubi kace gitye ka nywako tam ki mon kacel ki coo ikom yoo man.

### OKORI PA LADOR YUB

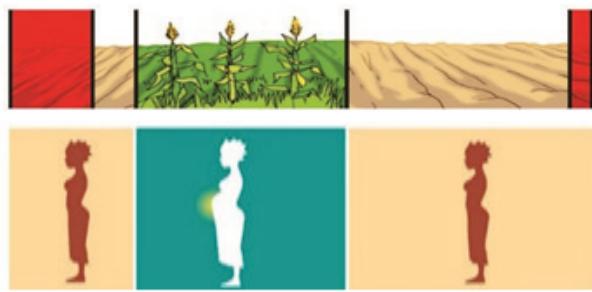
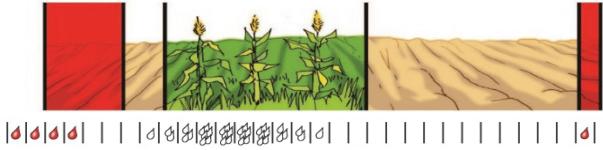
Mot lumemba ma gitye i yub man, mok ni gitye ki miti me tic ki yoo me lago nywal ka pong kacel kwed gi karatac ma nyuto bedo tye gi i yub man.

- Jol ka wek lumemba me dul gubed agonya
- Nyute ka leg gin mukene bene me nyute
- Ket cik ma omyero lumemba olubi:
  - Me gwoko mwung
  - Woro dano weng
- Konyo dano weng matye i dul
- Niang gi ni yub man tye pi jo matye ki miti me tic ki yoo me Nino Aryo me lago nywal (TwoDay Method).
- Man tye yoo ma mako kit ma Lacwec ocweyo kwede ki kom dano. Me tic ki yoo man dako pe mwunyo yat mo nyo ki keto gin mo ikome.
- Man pe tye yub me nongo ngec keken. Dano ma gitye i yub man gi bi niang kace yoo man romo tic pi gi ka bene gi moko tam gi kace omyero gidok ki yoo man pac.

### Mi lapeny me cako yub man me nywako tam

- Miti ni tye ngo ikom lago kin yacu ni? Pingo imito lago kin yacu?
- Ngo ma miti ni tye iye ni ocope i agiki me nywako tam man?



<p><b>Tit kore ki kore jami ma mite pi tic ki yoo me Nino Aryo me lago nywal (TwoDay Method) wek lumemba gumoki kace obi rwate it gi me tic kwede</b></p>	<ul style="list-style-type: none"> <li>■ I yoo Me Nino Aryo me lago nywal, dako niang ikom nino ma kakare kere ire me yac ki niang ikom pig kome ma mol. Man tye pig kom dako ma dako bene romo neno katye ka mol kato ki inyime man me mon.</li> <li>■ Dako roto kome wang mapol inino acel pi niang kace pig kome tye ka mol.</li> <li>■ Kace pig kome omol tin nyo lawor, en romo yac.</li> <li>■ Wek yoo man otii maber me lago nywal, dako ki cware omyero guye me tic ki roc-bol nyo pe me weko kin gi orwate i yoo me bwuto inino ma dako kakare kere ire me yac.</li> <li>■ Niang kace lumemba giromo tic ki yoo man. Gitye agonya me ceto nyo me bedo.</li> </ul>
<p><b>Nyam lok ikom nyodo ikare me kwe dwe</b></p> <ul style="list-style-type: none"> <li>■ Nyut cal man ka peny: Ngo ma watye ka neno kany? Wek gutiti.</li> <li>■ Niang gi ni cal man nyuto kero pa ngom me ceko cam ki kero pa dako me nywal.</li> <li>■ Niang gi ikom ngo ma pig kom obedo, kit ma ginen kwede ki awene ma ginyute</li> </ul>	 <ul style="list-style-type: none"> <li>■ Pig kom ma mol ki inyim dako tye lanyut ni dako tye ki kero me nywal/nyodo</li> <li>■ Pig kom dako maber ne ngwece bedo peke, pe ilo kom doki pe kelo arem. Pe tye gin mo marac it mon me bedo ki pig kom man.</li> <li>■ kace pig kom man tye maber ne, meno tye lanyut ma ikom dako ma wace ni en tye ki kero me nyodo doki romo yac</li> <li>■ Pig kom man mol kato ki inyim dako man me moni.</li> </ul>
<p><b>Mi lapeny me niang ikom ngo ma lumemba gi tamo ni pig kom obedo:</b></p>	<ul style="list-style-type: none"> <li>■ Ma pat ki ruuk gi me dwe weng ni, mon bene tye ki jam mogo ma pige ma gimol kato ki inyim gi?</li> <li>■ Iromo tito kit ma pig kom man obedo kwede? Tye ki rangi mo nyo ngwece tye?</li> <li>■ Pig kom man tye gin ma bedo ikom mon keje tye calo lanyut me two? Mon tamо ni pig kom man obedо ngo?</li> <li>■ Mon neno pig kom man cawa weng nyo kine mukene?</li> <li>■ Mon bedo ki pig kom man awene? Ma peya guneno ruuk gi me dwe nyo inge ruuk gi?</li> </ul>
<p><b>Nyut cal ka peny: Ngo ma watye ka neno kany ite cal me kare kwe dwe ki ngom? Man tere ni ngo?</b></p>	



<p><b>Niang gi ikom ngo ma cal man loko iye</b></p>	<ul style="list-style-type: none"> <li>■ Kany waneno kare kwe me dwe ma dako neno ki ruuke me dwe (mol pa remo) ki nino manok ma kakare pe kere it dako me yac.</li> <li>■ Ka bino nino mkene ma nongo kakare kere ire me yac kace kin en orwate ki laco i yoo me bwuto.</li> <li>■ Ka me agiki nino mukene doki tye ma nongo kakare pe kere ire me yac. Dako romo yac inino mogo manok me kare kwe dwe ne.</li> </ul>
<p><b>Nyam lok ikom kit me roto pig kom</b></p> <ul style="list-style-type: none"> <li>■ Leg lumemba me leyo lok ikom yoo ma pat pat ma dako romo roto kwede pig kome, awene ma omyero otim meno, ki ngo ma romo konye me weko wiye poo me rotone nino weng.</li> </ul>	<ul style="list-style-type: none"> <li>■ Mon niang ningin gitye ki pig kom? Giromo waco ningin gitye ki pig kom?</li> <li>■ Itamo ni tek ningin nyo yot ningin it dako me neno kace pig kome tye?</li> <li>■ Wang adi inino acel ma twere it dako me roto pig kome?</li> </ul>
<ul style="list-style-type: none"> <li>■ Nyut cal ka peny: Ngo ma watye ka neno kany?</li> <li>■ Explain the illustrations</li> <li>■ Peny kit ma coo ki mon ma i ot giromo nyamo lok kwede ikom yoo man.</li> </ul>	 <ul style="list-style-type: none"> <li>■ Watye ka neno kany yoo ma mon romo roto kwede ki pig komgi. Giromo roto kace gitye ki pig kom gi kace gueto i curon nyo i cangati.</li> <li>■ Mon bene giromo winyo ki ikom gi kit ma nongo pig kom meno tye ka mol kwede doki giromo winyone ki ikom gi cawa mo keken ma nongo gitye ka mete ki timo tic gi me nino weng.</li> <li>■ Mon roto pig kom gi ki i nyim gi ikin tyen gi.</li> <li>■ Coo tye ki ngec ikom pig kom man ma mon tye kwede ni?</li> <li>■ Mon giloko ki cog gi ikom lok man?</li> </ul>



## Niang gi ikom kit me keto alama i kaleda nino dwe ma nyuto nino me mol pa pig kom

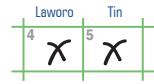
- Mi kalenda acel me yoo man bot lumemba adek. Niang gi ikom ngo ma alama ma gitye i kalenda gicung pire.
- Peny lumemba dul me keto lanyut ma kakare ka in nongo itye ka kwano it gi ngo matye katime i kare kwe me dwe pa dako.
- Cak kwano lok meno ka peny lumemba me tito alama mene ma guketo lanyut iye. Man bi konyi me niang kace guketo lanyut kakare.
- Cop kwano lok meno ka bene niang gi ikom awene ma dako kakare kere ire me yac ki awene ma kakare pe kere ire ma pe romo yac.
- Nen nino ma pat pat ma ki keto iye lanyut i kalenda ka peny lumemba me tito nino ma dako romo yac iye.

### Atwero yac tin?

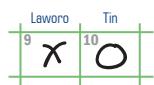
Nino weng, gwet lanyut acel:

Pi kwe  , gwet   
Pig kom ma peke nyutu  , gwet   
Pig kom nyutu  , gwet 

I tye ki kere me nongo yacu I nino weng ki pig kom ma tye ka kato.



Wun weng I wu tye ki kare me nongo yacu ki pig kom tye ka kato , kadi bed pig kom peke tin



Pe ki kero me nongo yacu ka I ruk/nero dwe/kare.



I pe ki kare me nongo yacu ka I pe ki pig kom ma tye ka kato ki I kom me mon calo laworo ka pe I nongo pig kom tin.



## Wek lumemba onyam lok ikom ngo ma coo ki mon ma i ot giromo timo ne i nino ma kakare kere it dako me yac.

- Mi lapeny ma kelo lwodo lok ki nyamo tam ikom miti me bwuto ikin laco k dako. Kal lapeny ma inongo pe itye agonya ka penyo ne.

- Iromo lok atyer ki lawoti kace pe imito kin wu orwate i yoo me bwuto?
- Iromo keng bwuto nyio itiyo ki roc-bol inino ma kakare kere it dako me yac?
- Nino mukene tye ma nongo ngat acel keken aye tye ki miti me bwuto? Ngo ma romo time i kare macalo man?
- Ngo ma imito temone me weyo yacu inino ma kakare kere iri me yac?
- Itamo ni cwari/lawoti obi yee man?
- Itamo ni iromo tic ki roc-bol?
- Tye gin mo ma pat ma coo ki mon ma i ot giromo timo ne me weyo yacu i nino ma kakare kere it dako me yac? Tic mogo i yoo me miti bwuto ma aduki ne pe romo bedo yacu?



<p><b>Kare matek it mon ki coo ma i ot</b></p> <ul style="list-style-type: none"> <li>■ Kace laco romo doko ger inge dako ne wace me tic ki roc-bol nyo giromo keng bwuto ikare ma kakare kere it dako me yac omyero pe guti ki yoo man. Mi it gi waraga ma romo weko giceto i ot yat ka nongo kony me yoo mukene.</li> <li>■ Peny mon ma i dul kace gingejo kwene ma omyero gucet iye kace coggi ogoyo gi,oburo gi</li> </ul>	<ul style="list-style-type: none"> <li>■ Wac ni coo ki mon ma i ot ma pe giromo moko me tic ki roc-bol nyo giromo keng bwuto ikare ma kakare kere it dako me yac omyero pe guti ki yoo man. Mi it gi waraga ma romo weko giceto i ot yat ka nongo kony me yoo mukene.</li> </ul>
<p><b>Mi lapeny ma cuko cwiny.</b> <b>Tii ki lagam pa dul me konyi penyo lapeny mukene ma konyo oo imiti gi.</b></p>	<ul style="list-style-type: none"> <li>■ <b>Lapeny ikom ngo ma otiyo ikare ma okato anget:</b> ‘Ikare ma okato anget ngo ma okonyi oweko imoko tam maber?’</li> <li>■ <b>Lapeny ikom kit anyim ma gimoto:</b> Ineno anyim ni tye ning kace imoko tami (copo miti ni?)</li> <li>■ <b>Lapeny ikom dongo:</b> ngo ma olo dong icobo timo ne malupe ki miti ni?</li> <li>■ <b>Lapeny me miyo miti:</b> kace i cor kidiko mo acel inongo ni icobo miti ni weng woko dong, ibi winyo ning?</li> </ul>
<ul style="list-style-type: none"> <li>■ Peny lumemba me nywako ki luwot gi yoo ma givi kwanyo ne me copo miti gi kace guweko yub man me nywako tam</li> <li>■ Peny gi me miyo it gi makci ikom 10 kace gudwogo ka nywako tam i dul me aryo ikom kit ma gitye ka wot kwede anyim</li> </ul>	



- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>■ Pi jo ma gipeke ki jami ma yoo man mito, mi it gi waraga me konyo gi nongo yoo mukene me lago nywal.</li> <br/> <li>■ Pi jo ma gimoto tic ki yoo man me Nino Aryo me lago nywal, mi it gi karatac acel ma nyuto kit me tic ki yoo men ki kalenda.</li> <br/> <li>■ Cim lanyut gin atima matye i karatac ma yoo me tic ki yoo man me Nino Aryo me lago nywal. Nwo doki kacel kwed gi neno cal matye iye me niang maber ni gingeyo kwena ma cal magi tye ka miyo ne.</li> <br/> <li>■ Peny kace ngat mo tye ki lapeny ka dok iye bene it gi.</li> </ul> | <ul style="list-style-type: none"> <li>■ Niang gi ni dako omyero ocak neno pig kome orwone cake cawa abicel me dye-ceng. Orot wang aryo olo inino acel. Guket lanyut ma kakare i kalenda.</li> <br/> <li>■ Poo wi gi me tic ki roc-bol nyo me keng bwuto inino ma kakare kere it dako me yac.</li> </ul> |
|--|--|

#### **GIK YUB MAN:**

- Peny lamemba ki acel acel me titokit ma yub tye ka wot kwede
- Poo wi gi ni giromo copo miti gi
- Poo wi gi ikom cik adek: gwok ngec weng pa dul i mwung, wor ki kony lamemba ki acel acel ma i dul
- Peny lumemba ikom wit lok ma pi gi tek ikom yoo man me lago nywal me moko kace guniang maber ikom yoo ma omyero gulubi ki awene ma omyero gunen ki latic yotkom
- Niang lumemba ikom awene ma nino me nywako tam mukene bi bedo iye (kace ngec tye iye)

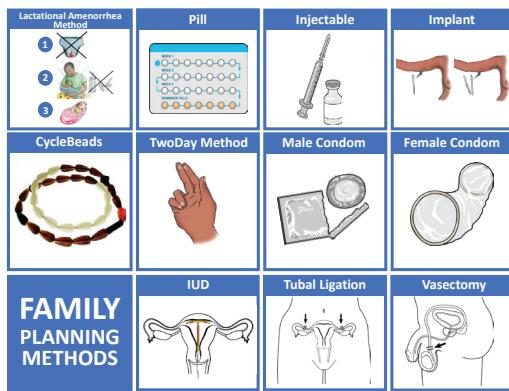


# Jami ma Konyo Tic pa Lador Yub

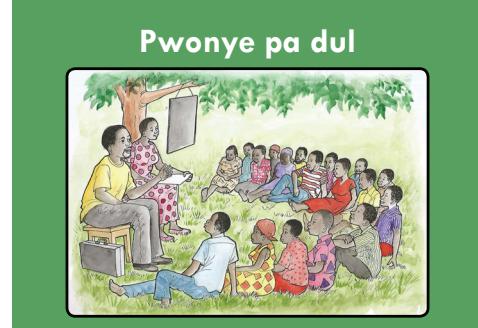


# Jami ma Konyo Tic pa Lador Yub

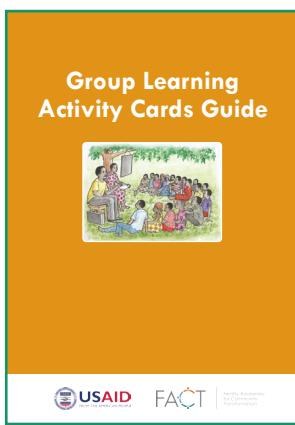
## Cal Yoo me Lago Nywal



## Karatac Tic pa Lador Yub



## Tic ki karatac Tic



## Jami Yoo Nino Aryo me Lago Nywal pi Lunong-kony



## Tiko Lago Nywal pi Lunong-kony (CycleBeads®)



## Lapor Wi Ludor Yub pa Dul

Checklist for Group Facilitators	
Community:	Date:
Time started:	Time ended:
Number attending:	
Facilitator(s):	

**PREPAREDNESS BEFORE THE SESSION**

- Review the lesson plan and make sure to remember and understand the topic information.
- Decide on responsibilities for each group facilitator.
- Identify participants and invite them to the meeting or arrange the activity.
- Choose the date, time, and place that will work for the participants.
- Gather the materials you will need depending on the topic:
  - Flipchart and markers
  - Attendance form
  - Session agenda chart, activity cards
  - CycleBeads, Twinkie brochure and calendar, LAM card
  - Small planning worksheet
- Prepare to discuss the topic and how to use your job aids and when to use them. Become familiar with the materials.
- It is especially important to study information on family planning methods and the common people's level and time to educate them.
- Fill out the attendance sheet.

**DURING THE SESSION**

- Educate participants to the group.
- In the start of the session, mention the topic and objectives.
- At the end of the session summarize the key points.
- Ask questions that generate participation.
- Invite participants to answer questions that were raised by others.

Checklist for Participants	
<input type="checkbox"/> Check in the checklist to participate.	
<input type="checkbox"/> Face the participants and make eye contact.	
<input type="checkbox"/> Cover the session topics adequately (see lesson plan).	
<input type="checkbox"/> Organize participants in a circle and sit with the group.	
<input type="checkbox"/> Greet participants by name or if only one or older members are participating.	
<input type="checkbox"/> Listen to the facilitator.	
<input type="checkbox"/> Do a quick count of how many attended and record the number in your attendance form.	
<input type="checkbox"/> Refer members to family planning services (or group counseling for FAM methods and to other methods).	
<input type="checkbox"/> Share the car for action (members), among those attending.	

**AFTER THE SESSION**

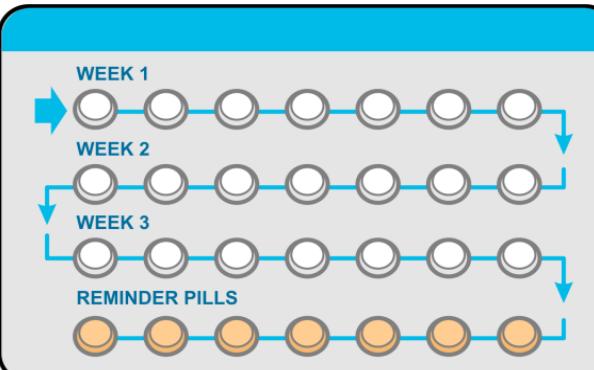
- Review the attendance sheet and complete any missing information.
- Fill your activity report in your notebook.
- Discuss with your partner facilitator what went well and what you both think can be improved.

# Karatac me Dwoko Lok/Goyo Ripot

## Lactational Amenorrhea Method



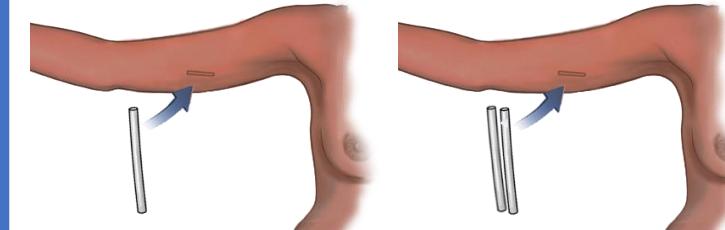
## Pill



## Injectable



## Implant



## CycleBeads



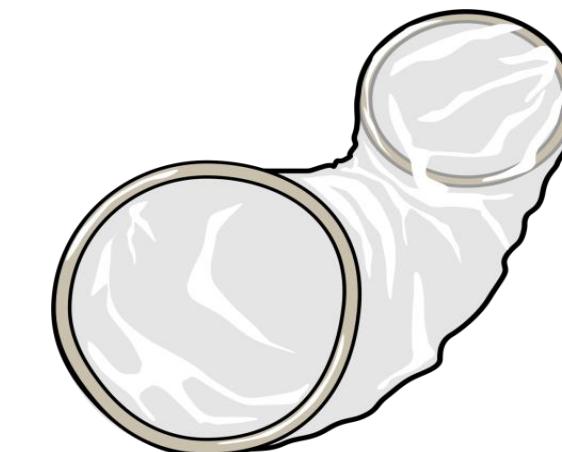
## TwoDay Method



## Male Condom

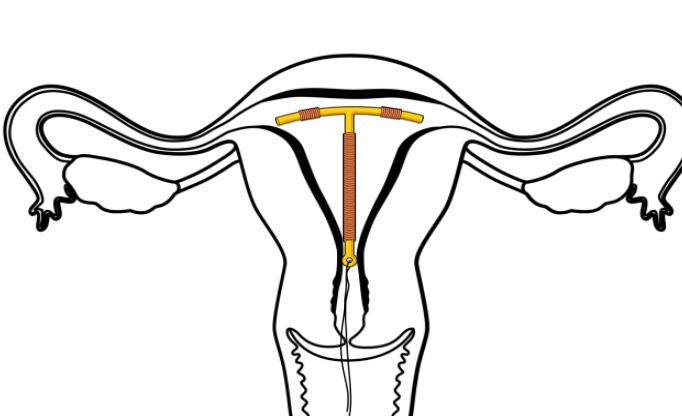


## Female Condom

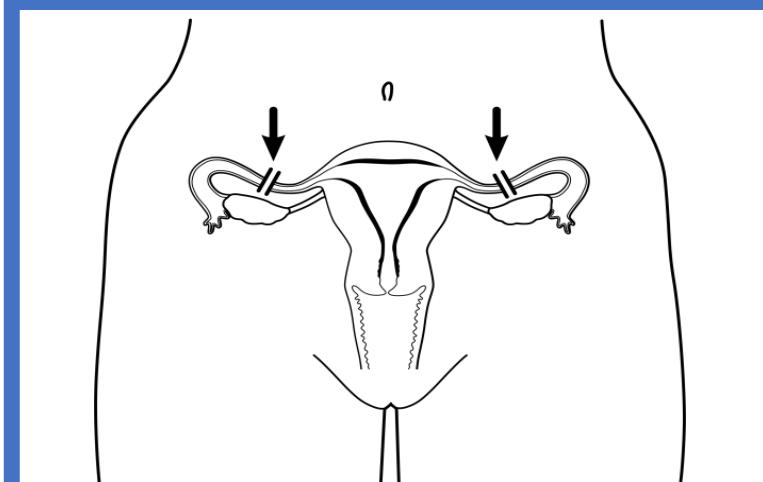


# FAMILY PLANNING METHODS

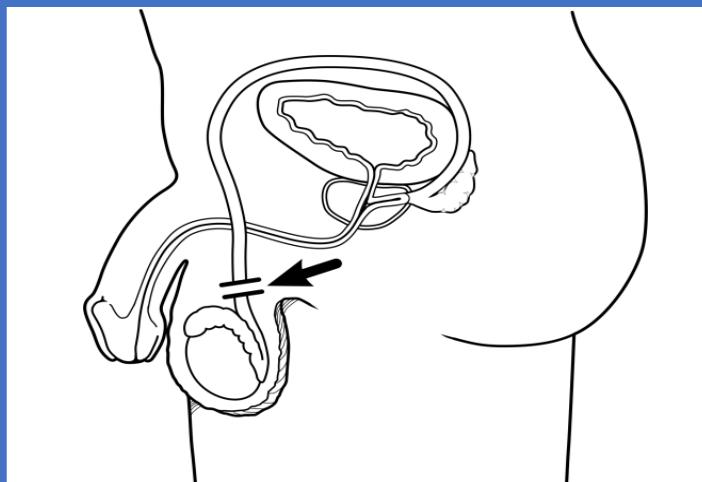
## IUD



## Tubal Ligation



## Vasectomy



## Lactational Amenorrhea Method

    
**How it works:** LAM prevents pregnancy if you are breastfeeding and feed your baby often, day and night, and if you meet 3 conditions: (1) You have no menstrual bleeding since your baby was born; (2) You only breastfeed your baby (no other food or liquid is given). (3) Your baby is less than 6 months old.

**What to expect:** No monthly bleeding while breastfeeding only and less than 6 months since having baby.

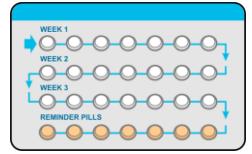
## CycleBeads



**How it works:** A woman uses the beads to keep track of the days she can get pregnant. To prevent a pregnancy the couple either uses a barrier method (like condoms) or abstains from sex on her fertile days.

**What to expect:** CycleBeads use has no side effects. Couples must use condoms or abstain from sex on fertile days to avoid a pregnancy.

## Pill



**How it works:** Pills keep the woman from producing an egg, so even if sperm are in her reproductive system, there is no egg to fertilize.

### What to expect:

(1) Sometimes irregular bleeding, which is common and safe, some cramping at first; (2) Some women have stomach upset or mild headaches that go away after first few months.

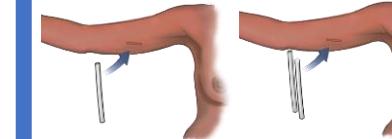
## Injectable



**How it works:** Hormone injection given every 3 months that prevents release of egg. A woman gets an injection every 3 months.

**What to expect:** (1) Irregular bleeding at first, then spotting or no monthly bleeding. This is common and safe; (2) possible slight weight change; and (3) after stopping injections, it can take several months to become pregnant.

## Implant



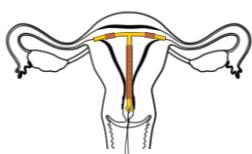
**How it works:** Trained provider inserts small tubes under the skin of inner, upper arm. Lasts for 3 to 5 years. Can be removed any time if you want to get pregnant.

**What to expect:** (1) Irregular bleeding, spotting, heavier bleeding or no monthly bleeding. This is common and safe; or (2) Some cramping in the first few months of use

## HOW FAMILY PLANNING METHODS WORK

Knowing how family planning methods work in the woman or man's body to prevent pregnancy can help users use methods correctly and consistently.

## IUD



**How it works:** The IUD causes a chemical change that destroys the sperm. It also keeps the lining of the uterus from growing.

**What to expect:** Some cramping and heavier bleeding during monthly bleeding in the first few months of use.

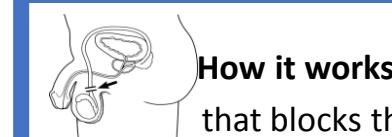
## Tubal Ligation



**How it works:** Safe and permanent method – for women or couples who will not want more children. Fallopian tubes are cut or blocked. The uterus is NOT removed.

**What to expect:** May have soreness for a few days after operation. Monthly bleeding will continue as usual. Women who experience symptoms other than the above should seek medical care. Woman will never be able to become pregnant following this surgery.

## Vasectomy

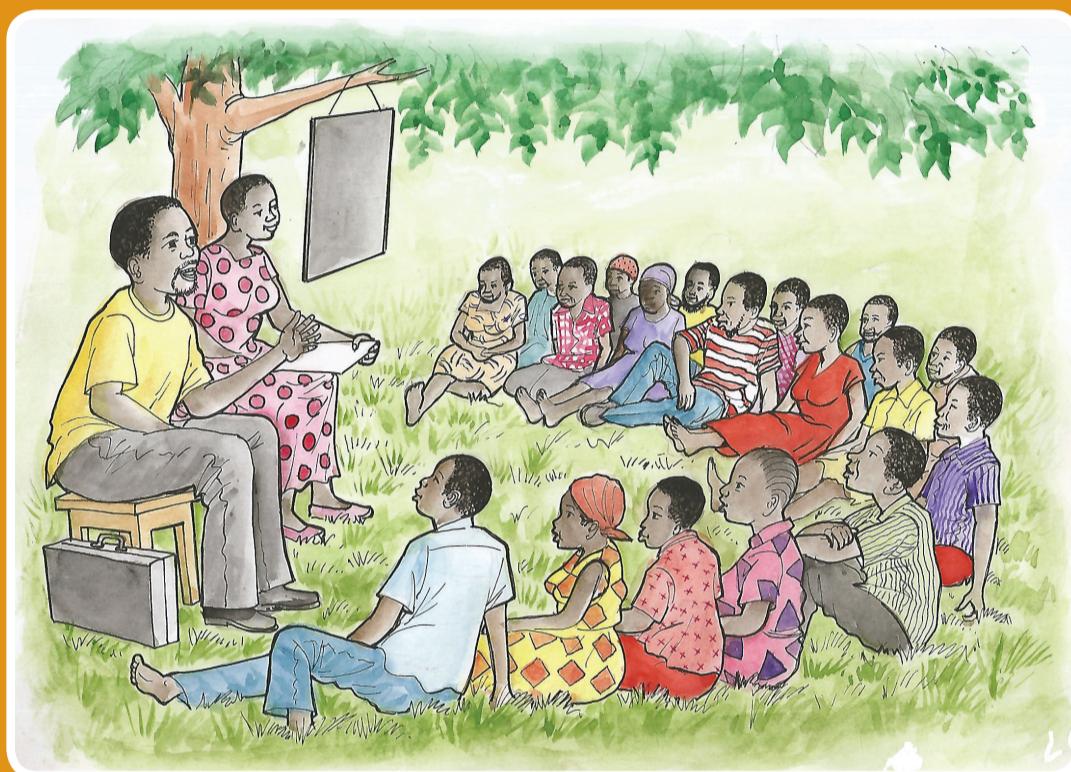


**How it works:** Permanent method that blocks the tubes that carry sperm in a man's body (vasectomy). Testicles are NOT removed.

**What to expect:** Does not decrease sex drive, erection or ejaculation. Must use back-up method for first 3 months after operation. Man will not be able to father a child following this surgery.

PROOF OF CONCEPT VERSION  
NOT FOR DISTRIBUTION

# Group Learning Activity Cards Guide



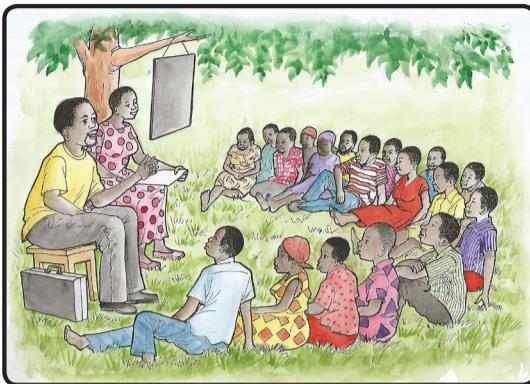
Pwonye pa dul  
Buk Doro Tic atima



**USAID**  
FROM THE AMERICAN PEOPLE

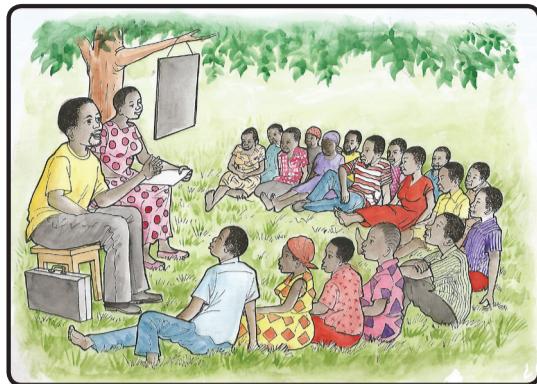
FACT

Fertility Awareness  
for Community  
Transformation



# Instructions for Use

1. SHARE the set of cards with the participants and ask them to circulate among their peers.
2. ASK participants questions to help them understand the topic of the cards. Use 2 to 3 questions
  - What do you think is happening in the picture?
  - Who are the persons in the picture? What are they doing?
  - How do they feel?
  - What do you think is the message in this picture
  - Is what's happening in the picture common in your community?
3. REFLECT with participants about adopting or changing the behavior
  - What is the advantage of doing the behavior shown on the card?
  - What else can women or men do in the same situation?
  - Have you experienced a similar situation and how did you feel?
4. TAKING ACTION
  - Would be willing to try or recommend the practice shown on the counseling card.
  - How might you overcome any obstacles to trying the new practice?
  - Are you ready to talk with others about situations like the one on the card? Who would you talk to?



# Yoo kit me tic

1. Pok cad gi lukwan ci I peny gi me leyo ne gi lurem gi.
2. Peny lukwan lapeny me konyo gin me niang pwonye me I cad. Ti gi lapeny 2 onyo 3.
  - Ngo ma I tamo ni tye ka time, I cal eni?
  - Jo mene ma tye I cal man? Gi tye ka timo ngo?
  - Gi winyo ning?
  - Cal man tito lok ango?
  - Gin ma tye ka time I cal man bene time I kabedo ni?
3. Tam gi lukwan I kom kit me kwanyo onyo loko kit.
  - Ber pa timo kit ma onen I cad tye kwene?
  - Ngo mukene ma lacoo onyo dako romo timo I yoo marom man?
  - Dong I wok gi kwai jami man daki I winyo ning?
4. GIN ATIMA
  - I romo bedo gi yeyo me temo onyo tito yoo man ma tye I cad me leyo tam?
  - Diro ango ma I romo bedo kwede me jwayo ariya me temo tic gi yoo manyen man?
  - Itye atera me lok gi jo mukene I kom kwai jami ma bedo waci kit ma tye I cad man? Nga ma I romo lok bote?

# Lactational Amenorrhea Method • Dot Pi Lago Nywal

## Lactational Amenorrhea Method (LAM) and Optimal breastfeeding behaviors



Breastfeed as often as the baby wants, day and night.



- When baby receives foods or liquids other than breast milk, the baby will not breastfeed as often.
- LAM will not protect her from pregnancy. She can get pregnant again.
- The woman should use a different family planning method.

## Dot Pi Lago Nywal (LAM) ki kit me Dot keken Labongo Cam ma pat it Latin

Wek latin odot tere tere kit ma en mito, dye-ceng wa dye-wor.



- Do not give baby any foods, water, or other liquids before 6 months of age.
- Medicines, vitamins and vaccines are okay.
- Breastfeeding provides babies everything they need to be healthy the first 6 months.

- Pe imi ki latin cam, pii, nyo gin amato mukene kace latin peya oo dwe 6.
- Yat, vitamins ki yat agwera giber.
- Doto cak koo miyo jami weng ma gimoto me bedo ma kom gi yot pi dwe 6 ma ok-wongo.



- A woman using LAM should breastfeed whenever the baby is hungry, both during the day and at night.

- Dako matye ka tic ki LAM omyero odot latin cawa weng ma latin kec neko, dye-ceng wa dye-wor.



- By the age of six months the mother or caregiver must add complementary food.

- Ka oromo dwe abicel mine nyo lagwokone omyero omed cam ma konyo koo cak.



- A woman should continue to breastfeed even when she or her baby is sick.

- Dako omyero omede ki dot kadi bed en nyo latine kome lit.



- A woman should breastfeed her baby immediately after giving birth.

- Dako omyero owek latin odot cut inge nywal.

# Lactational Amenorrhea Method • Dot Pi Lago Nywal



- The mother has to position and attach the infant to the breast correctly to help prevent sore or cracked nipples, and to stimulate her milk supply.
- Min latin omyero otting latin maber i cawa me dot wek pe okel ret nyo pwac pa dog cak, ka bene owek cak omol maber.



- When the woman begins menstrual bleeding she is fertile again.
- She can get pregnant even if she continues to breastfeed.
- She should use a different family planning method.
- Ka dako ocako neno ruuke me dwe en nongo doki romo yac.
- Romo yac woko kadi bed omede ki dot.
- Omyero oti ki yoo mukene me lago nywal.



- A breastfeeding woman can use LAM if her baby is less than 6 months old.
- After baby turns 6 months the woman can get pregnant again, even if she breastfeeds.
- Dako matye ka dot romo tic ki Dot Pi Nywal (LAM) kace latine pudi pe oo dwe 6.
- Kace latin odoko dwe 6, dako romo yac woko doki kadi bed en tye ka dot.



- When your baby turns 6 months old you may be fertile again. You can get pregnant, even if you continue to breastfeed.
- A mother whose baby is 6 months or older cannot use LAM.

By the age of six months the mother or caregiver must add complementary food.

- Kace latini oromo dwe 6 nongo doki iromo yac. Iromo yac woko kadi bed imede ki dot
- Mego ma latine kato dwe 6 pe romo tic ki Dot pi Lago nywal (LAM)

Ka oromo dwe abicel min latin nyo lagwok latin romo medo cam ma konyo koo cak koo.



- Once any of the three criteria for using LAM are no longer met, a woman should visit a health care provider to obtain a different family planning method.
- Tek cik adek me tic ki Dot pi Nywal (LAM) ikine mo peke, dako omyero oclim latic yotkom me nongo yoo mukene me lago nywal.



- For LAM to work, menstrual bleeding should NOT have returned since baby was born.
- Wek LAM otii maber, mite ni oo pa remo me ruk nongo pe ya odwogo nicake ma ki nywal latin.

## **Health Timing and Spacing of Pregnancies**



After having a child, it is healthiest to wait at least 2 years before trying to become pregnant again.

## **Linogo kare Ma Ruate ki lago kin yacu**

Inge nongo latin, ber ni kato pi yotkom me kuro kong okat mwaka 2 ma peya iteme me yac doki.



- Husband and wife should communicate about planning their family.
- Planning when and how many children to have is the couple's responsibility, not just the man's or woman's responsibility.

- Laco ki dako omyero gulok ikin gi ikom yoo me lago nywal.
- Moko awene ki wel lotino adi ma omyero gubed kwede obedo tic pa laco ki dako, ento pe pa laco nyo pa dako kene.



- Men and women can receive family planning services from the health center provider or a VHT.

- Coo ki mon giromo nongo kony me lago nywal ki i ot yat nyo ki bot dakta kin gang (VHT).



- Health care providers can help women choose the method of family planning that works for her.

- Lami kony iloka yotkom giromo konyo mon me yero yoo maber me lago nywal ma ruate pi gi.



- Health care providers can help couples choose the method of family planning that works for her and her partner.

- Lumi kony iloka yotkom giromo konyo laco ki dako ma i ot me yero yoo me lago nywal ma ruate it dako ki cware bene.



- It is healthiest to delay pregnancy until at least age 18.
- Both mothers and babies are healthier when the mother is 18 or older.

- Ber loyo pi yotkom pe me yac wang ma mwaka me dongo dong oo 18.
- Megi lotino ki lotino gi weng kom gi bedo ma yot kace min latin mwaka ne tye 18 nyo ma kato.

# Couple Communication • Lok ikin lacoo ki dako

## Couple Communication



- A woman can talk to her husband and a husband can listen what she has to say.
- A couple can talk about many things and also family planning.



- Couples can agree about how to plan their family. They can decide how to protect themselves from pregnancy. If they use a natural method they can decide to use condoms or avoid sex on fertile days.



- Some couples agree to sleep in separate beds to avoid having sex on the fertile days.

## Lok ikin lacoo ki dako

- Dako romo lok ki cware doki laco romo winyo ngo ma en waco.
- Laco ki dako giromo lok ikom jami mapol ikine bene lago nywal.
- Coo ki mon ma i ot giromo moko kit ma paco gi omyero obed kwede. Giromo moko kit me gwoke kwede ki ikom yacu. Kace gimito tic ki yoo kom dano kit ma Lacwec oyubo kwede, giromo tic ki roc-bol nyo giromo keng bwuto inino ma kakare kere it dako me yac.

- Mon ki coo mogo ma i ot gi yee me bwuto i kitana ma pat pat wek kin gi pe oribe i yoo me bwuto inino ma dako romo yac.



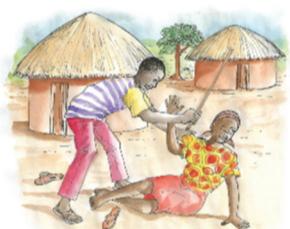
- If a couple spends time apart it may be difficult to avoid having sex when they are re-united.

- Kace laco ki dako gutero kare ma pe gitye kacel romo bedo tek me weyo bwuto kace guribe kacel.



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- In relationships in which violence occurs, it may be difficult to discuss family planning, negotiate sex, and avoid sex on the fertile days.

- I keny ma kukukuku tye iye, romo bedo tek me nyamo lok ikom yoo me lago nywal, poro lok ikom bwuto, ki keng bwuto i kare ma kakare kere it dako me yac.



- In relationships in which violence occurs, it may be difficult to discuss family planning, negotiate sex, and avoid sex on the fertile days.

- I keny ma kukukuku tye iye, romo bedo tek me nyamo lok ikom yoo me lago nywal, poro lok ikom bwuto, ki keng bwuto i kare ma kakare kere it dako me yac.



- If the couple has been drinking, it may be difficult to negotiate sex or avoid unprotected sex on the fertile days.

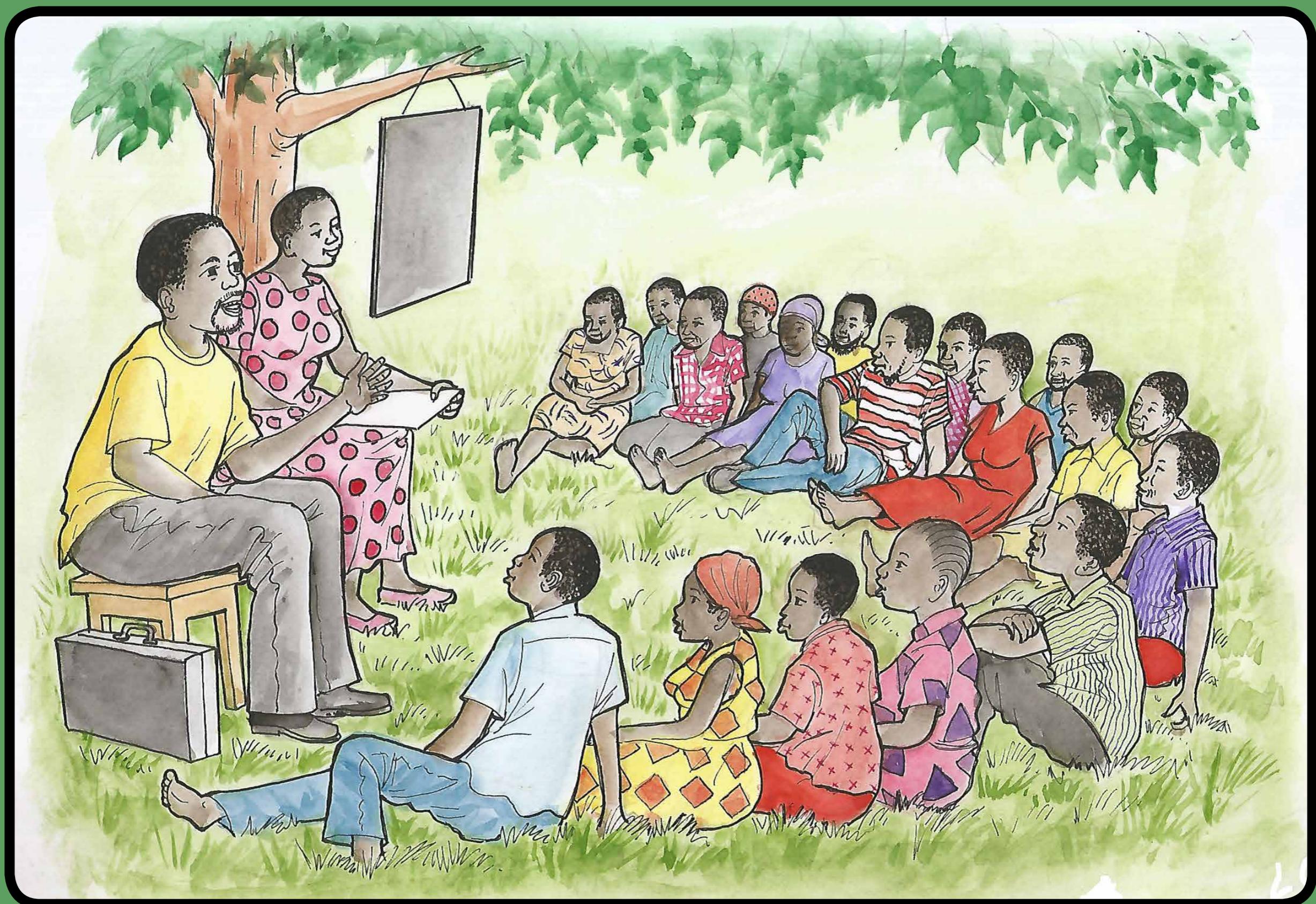
- Kace laco ki dako gubedo ka mato kongo, romo bedo tek me poro lok ikom bwuto nyo weyo bwuto ma pe ki gwoke iye ki jami calo roc-bol inino ma kakare kere it dako me yac.

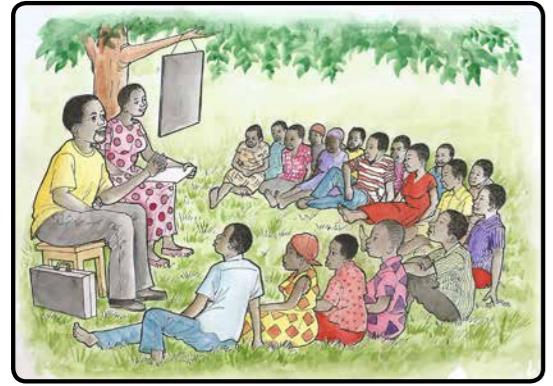


- If a man has been drinking, it may be difficult for a couple to negotiate sex or avoid sex on the fertile days.

- Kace laco obedo ka mato kongo, romo bedo tek it en laco ki dako me poro lok ikom bwuto nyo weyo bwuto ma pe ki gwoke iye ki jami calo roc-bol inino ma kakare kere it dako me yac.

# Pwonye pa dul





# Pwonye pa dul: Yoo kit me tic

## Tyen yoo man

Buk man tye me tic kwede kare ma itye ka lok ki lwak megi onyo grup matidi l kom lago nywal. Tye ki lok manok daki ngec ma pire tek ma konyo in:

- Wac ki lwak yoo ma pat pat me lago nywal,
- Tit kit ma yoo man tiyo ki kony gonyo ngec matir,
- Kony dano me l kabedo ni me yero yoo mene me lago nywal ma rwate kwed gi maber,
- Konyo in me ngeyo nga ma miti ki kube.

## Yub me tic ki jami man

Pi kit yoo mapat pat ma tye l buk pwonye man, tye pot karatac ma tye ki cal ma lac me anyuta ki acel tye megi. pot karatac ni ni t ye ki jami ma pi gi tego me awaca.

Lanyut en ni kwako jami ma pi gi tego keken.ka l loko ki joo mukene, l romo medo kun nongo l nywako matatut l kom ngo ma l tye ka loko ne mae dok l kom miti ki tam pa lwak ma l tedero.

Kwano kit tic pa buk man konyi weko l pwonyo ngec/lok ma tye l iye. Tic kwede bedo yot ka l bedo ka tic kwede.

## Tic ki buk man ki joo ma mito kony

- Ket buk man kama in ki joo mukene ni weng gi twero neno ne.
- Tii ki pot karatac ki lok/ngec me dul pwonye ma lbi nywako l dul keken.
- Ti ki leb ma dano weng niang maber, ka l bedo ka pwonyo tic kwede pe mite ni l bed ka kwano coc weng rek ki rek ma tye iye bot dano mukene. Gayo ne keken romo poyo wii pi lok/ngec ma myero l lok iye.

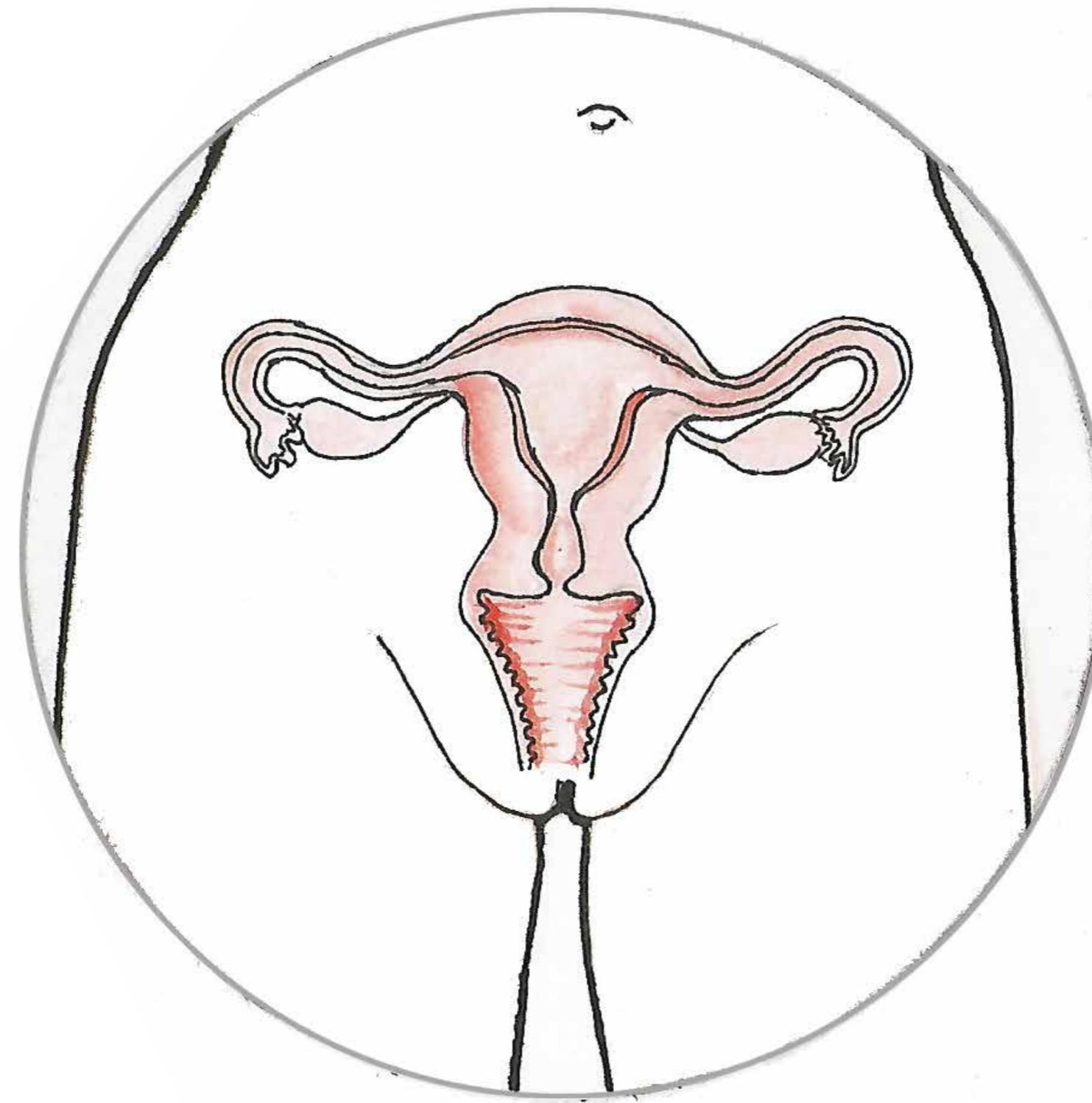
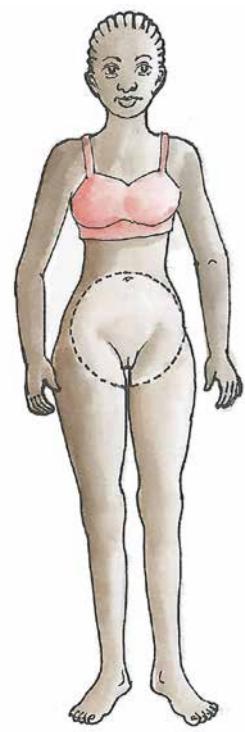
## Yoo me tic ki lurem

Wot ki karatac ma ki mwono wiye ma tye ki lanyut ,lanyut, wek dano ma gi mito kony gu nen kit ma gin nen kwede. Kun nongo iwoto ki tito ki yoo man, kun nongo l weko karatac ma iwoto kwede ni woto ki wire ikin lwak.

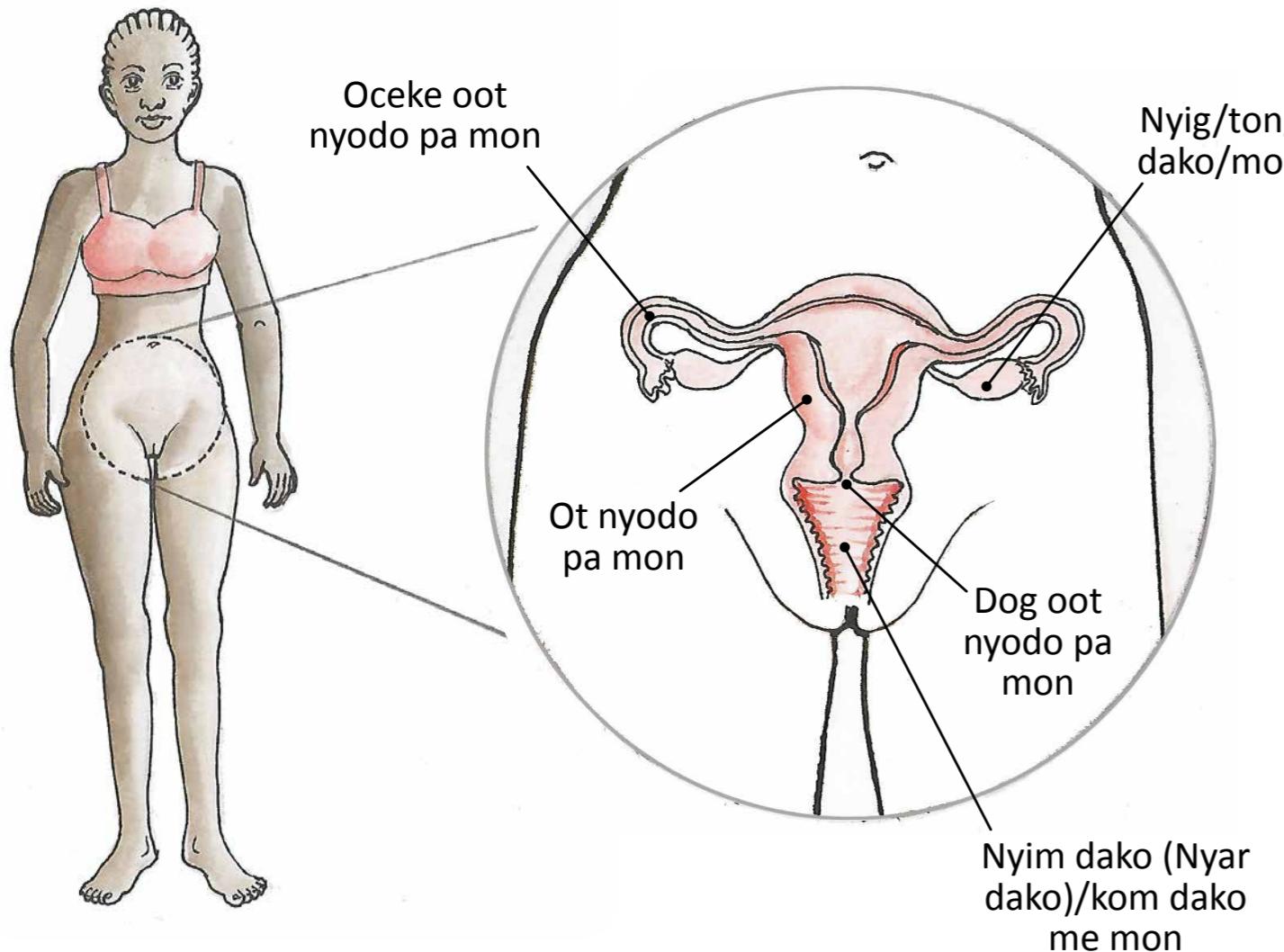
# **Kit me nyodo pa dano**

**Nyodo pa Dako gi Laco  
Lawala me Kwe/dwe/ruk I kom mon**

# Ot nyodo pa dako

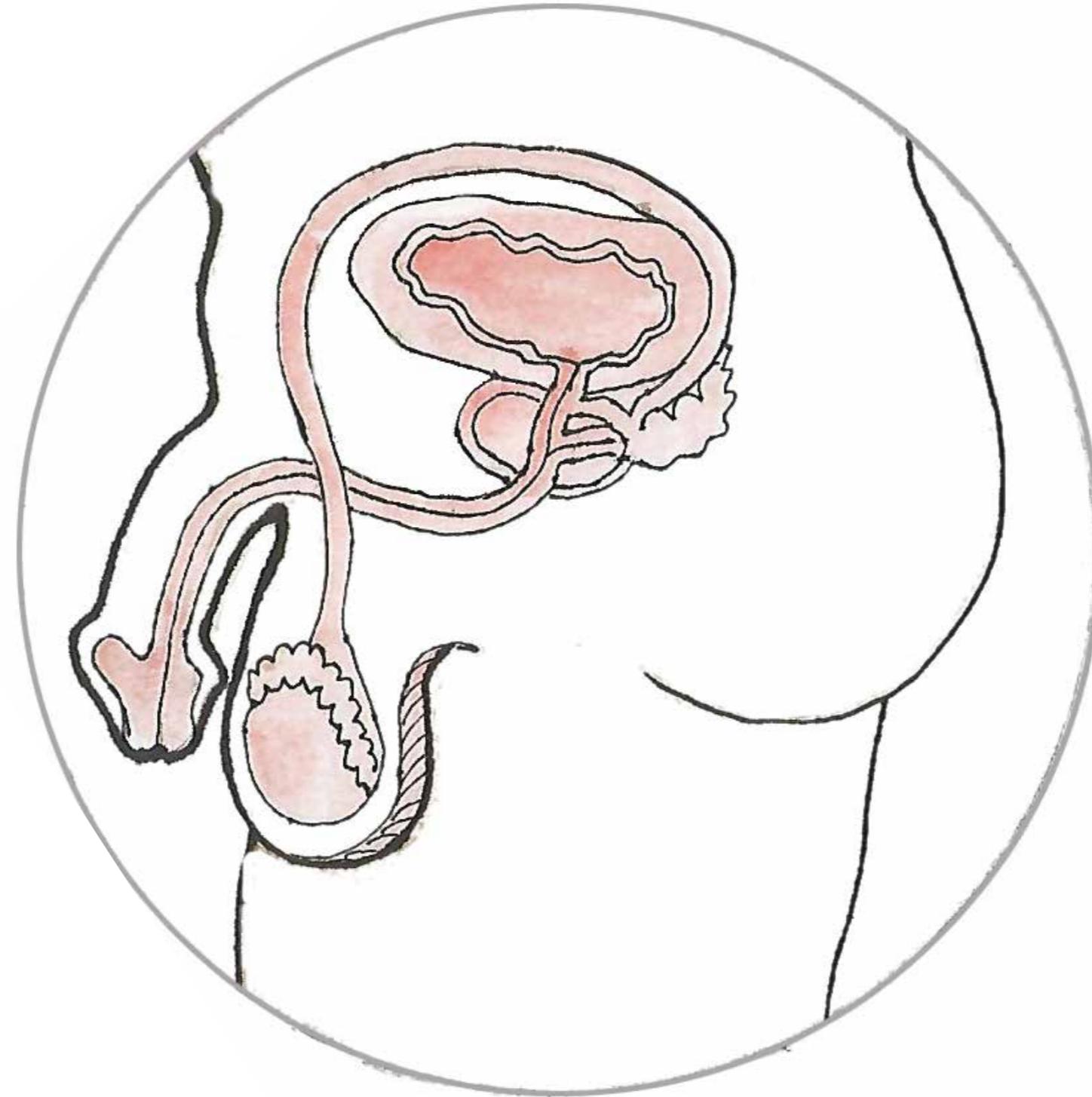
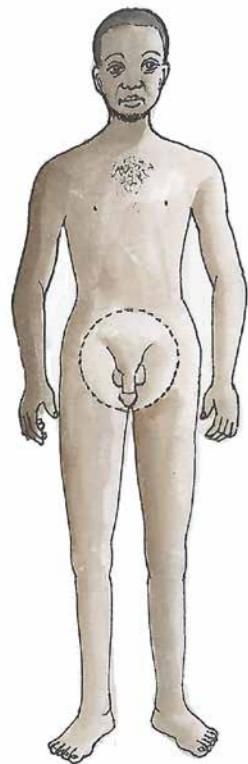


# Ot nyodo pa dako

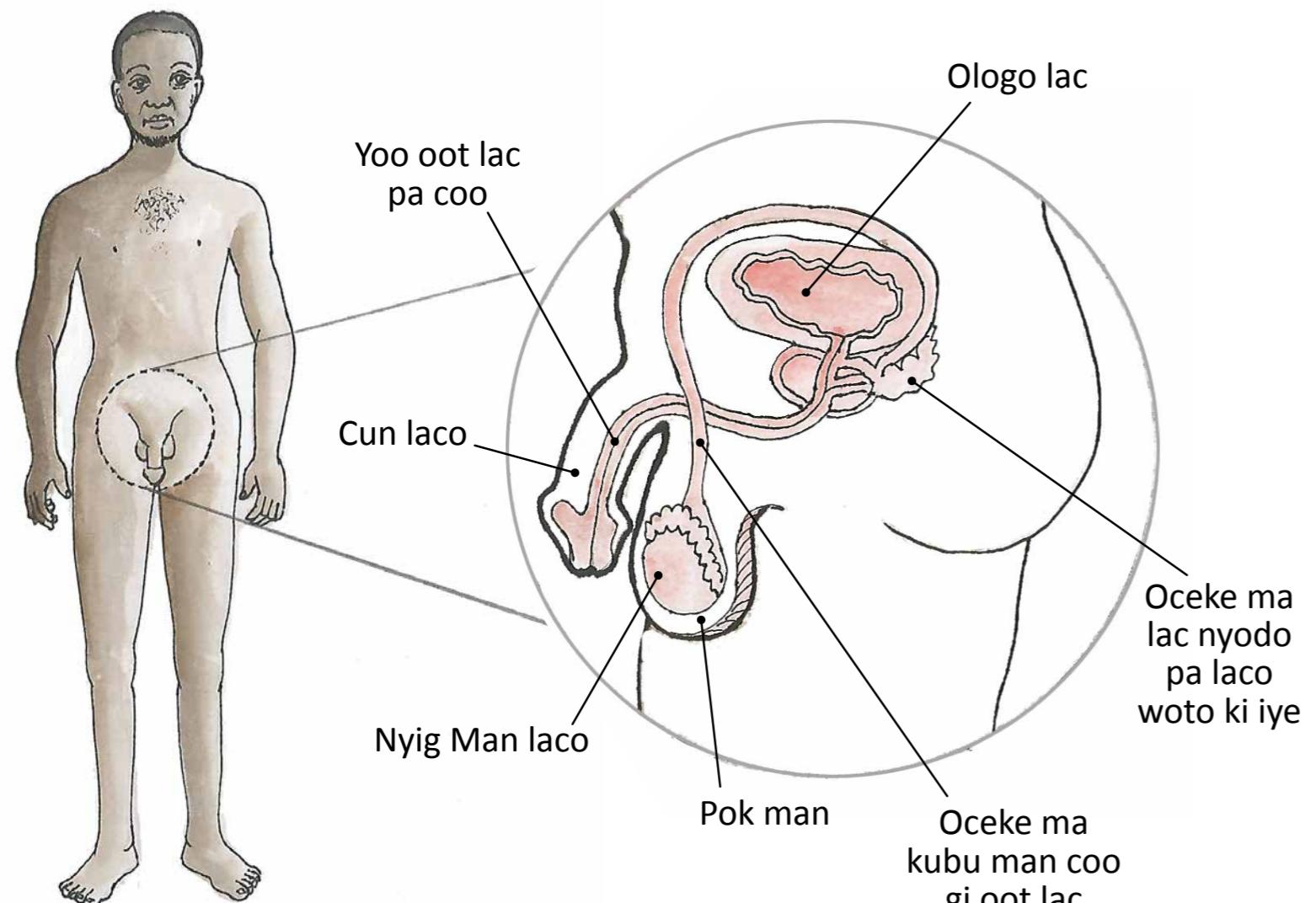


- Kiccaa/opiro ma gwoko tong dako kelo pig kom ki tongue. Cake ki l kare me loke pa jami me kom, tong dako tegi l lawala weng. Dak tye ki ki kero me nongo nyodo/yacu l nino manok l kin dyere ki dyere pa lawala
- Latin dongo in oot nyodo.
- Nyim dako aye yoo ma julo cun l kare me rwate l butu. Obedo bene yoo me nywal.
- Remo kwe dwe pa mon bene mol gi inyim dako/ki l kom dako me mon.
- Ocke ot nyodo pa dako obedo yoo ma ding ma tero tong dako ki l obwo ma gwoki wa l ot nyodo.

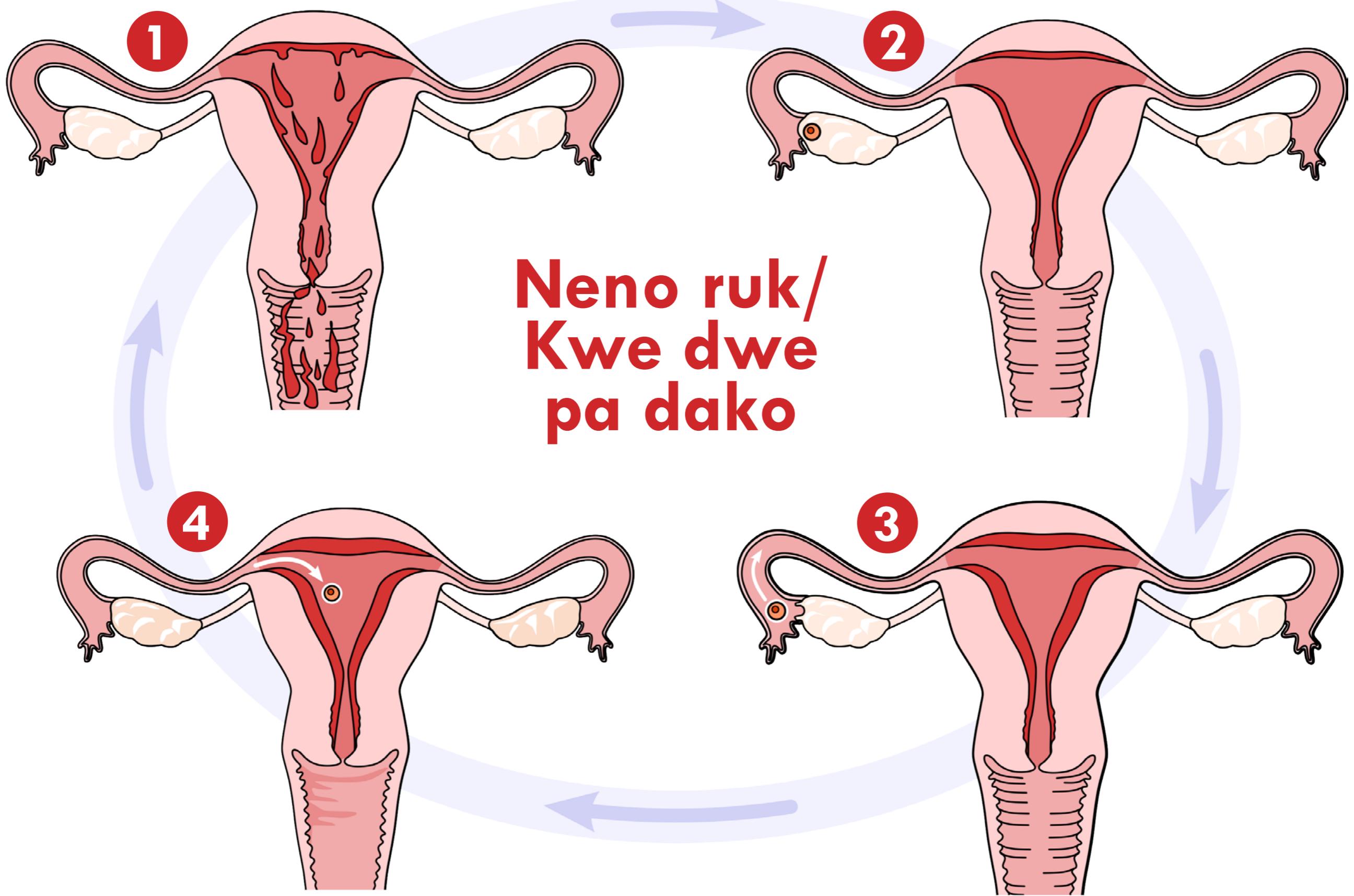
# Dul kom laco me nyodo

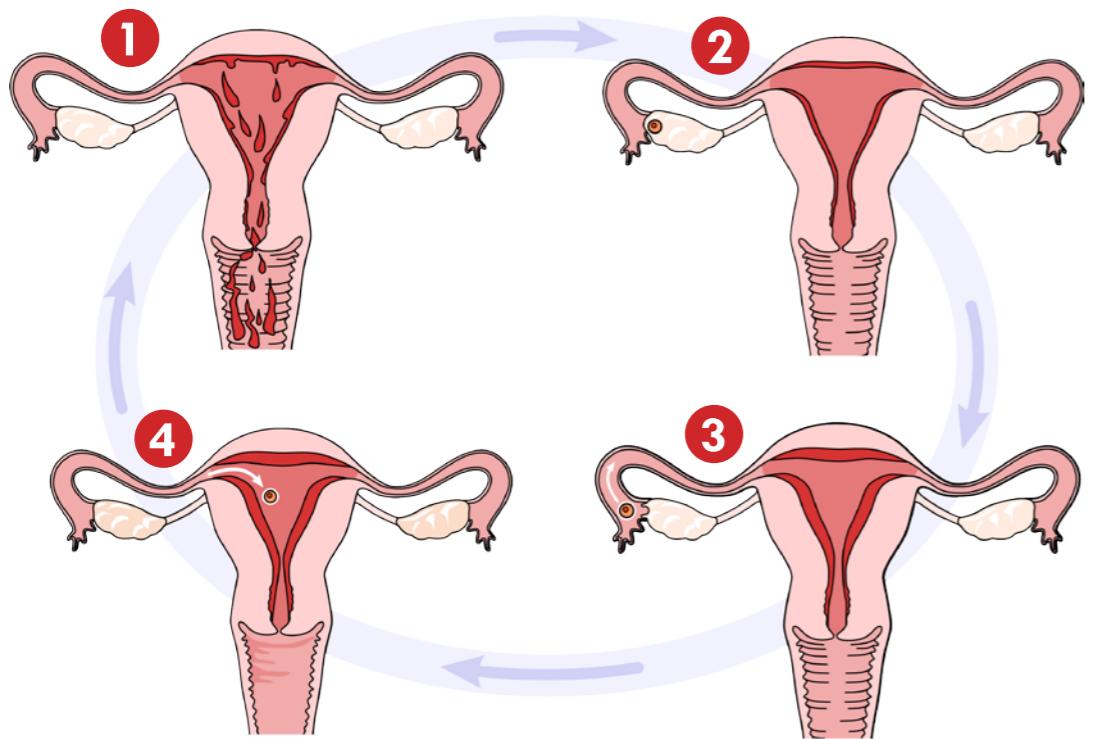


# Dul kom laco me nyodo



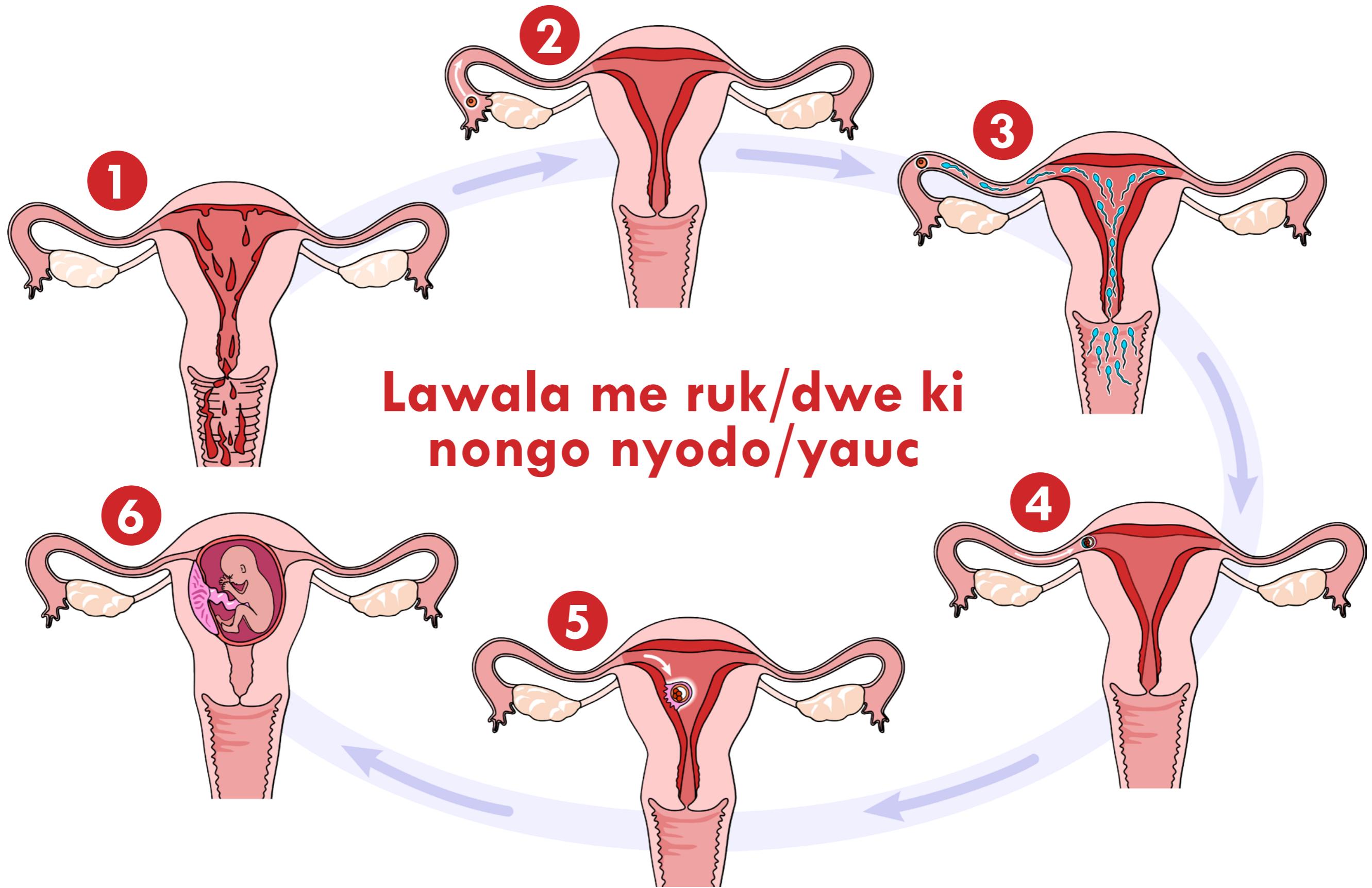
- Ni cake ma dwon laco loke, lac nyodo (tong laco) mede gi yube I man. Laco bedo ki nyodo nino weng.
- Tong laco aye moko nyodo pa latin, anyaka nyo awobi.
- Pig kom laco me nyodo mol kato ki **Oceke lac nyodo pa lacoo** ka ribbe ki pig kom mukene me yubu pig kom laco me nyodo.
- **Cun/Bol** obedo kom laco me nyodo kama Lac onyo lac nyodo kati gi iye.
- **Lac nyodo pa laco** woto ki ii cun laco ka kato woko ki yoo ot lac pa laco.
- **Yoo lac pa laco** aye kama oyabe I kom laco ma lac nyo pig kom laco me nyodo kato iye.

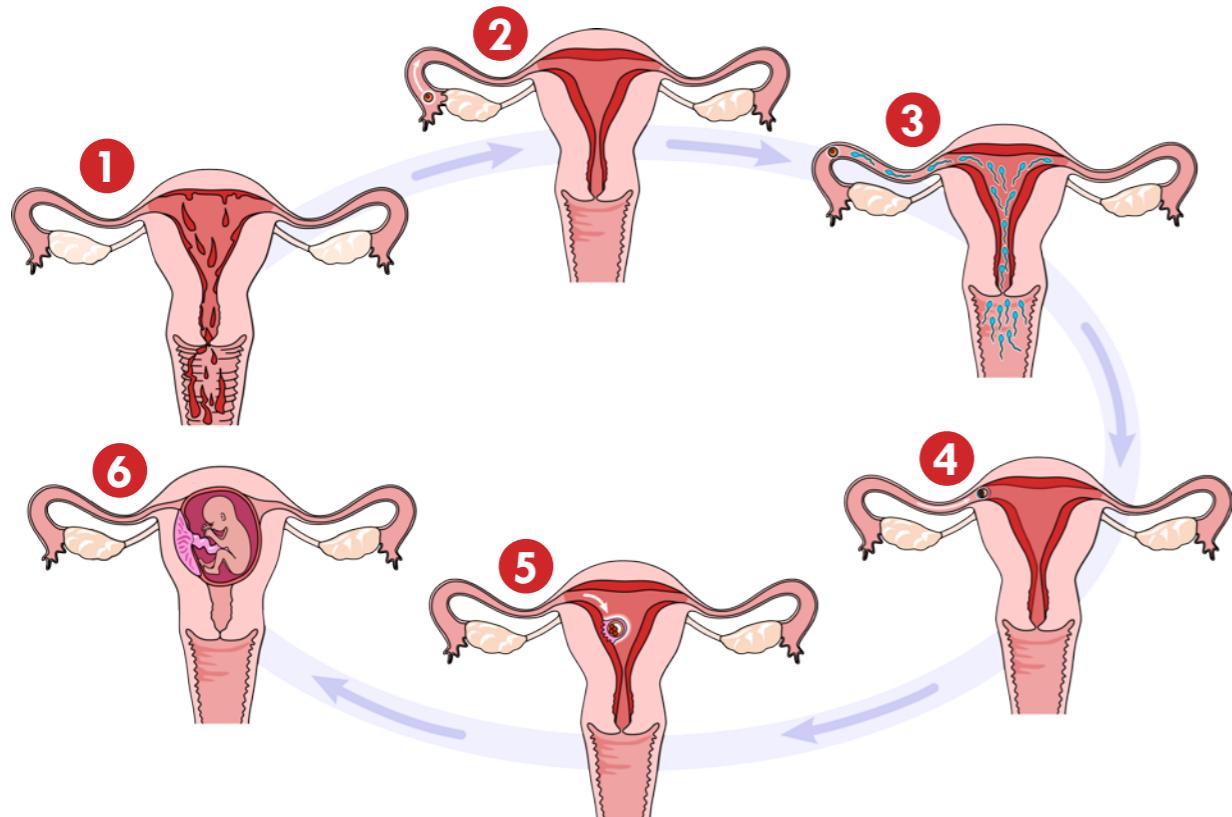




## Neno ruk/Kwe dwe pa dako

- 1.** Kwe cake l' acaki nino ma dako neon kwede remo dwe ne (rok).  
I kare me neno dwe remo ma tye l' ot nyodo mol kato woko ki l' kom dako me mon ni (nyar).
- 2.** Tog dako cako tegi ki l' obwo me tonge.
- 3.** I kin dye lawala me dwe, tong dako aa ki l' obwo ne, man ki lwongo ni Ovulation.  
Tong dako wok ki oceke me ot nyodo ka kany aye tong dako romo rwate iye ki pig kom laco me nyodo (Kit me nongo Nyodo).
- 4.** Ka tong dako pe orwate ki nyodo pa laco, ci lwoke woko ki it nyodo kun kato ki l' ruk/dwe.





## Lawala me ruk/dwe ki nongo nyodo/yacu

- 1.** Lawala cake ki inino me acel me ruk / neno dwe pa dako. I kare me neno ruk, remo ma tye I kom ot nyodo mol kato woko ki I kom dako me mon (nyare). Man enni ruk/dwe twero tero nino 2 nyo 7 kulu.
- 2.** Tong dako cako tegi ki I obwo I kin dyere ki dyere pa lawala me ruk, tong dako aa ka bino ka rwate ki nyodo pa laco. Man ki lwongo ni Ovulation.
- 3.** Tong dako wok ki I oceke me ot nyodo. ka kany aye kama tong dako rwate iye ki nyodo pa laco. Ka tong dako uriber ki tong laco ci nyodo nongo (yacu).
- 4.** Ka yacu otime ci tong dako mede ki wot dok piny ki I oceke me ka cito I ot nyodo.
- 5.** Ka yacu otime tong dako mwone I kom ot nyodo.
- 6.** Ka dong yaco otime tong dako dongo kelo latin.

# **Yoo maber me lago nywal**

# Yoo maber me lago yaco





# **Yoo maber me lago yaco**

Pire tek ni latin gin ki mine gubed kong pi mwaka  
ma romo 2 ma nongo dako pe dok otemo nongo  
yacu mukene.

# **Yoo maber me kuru yacu**

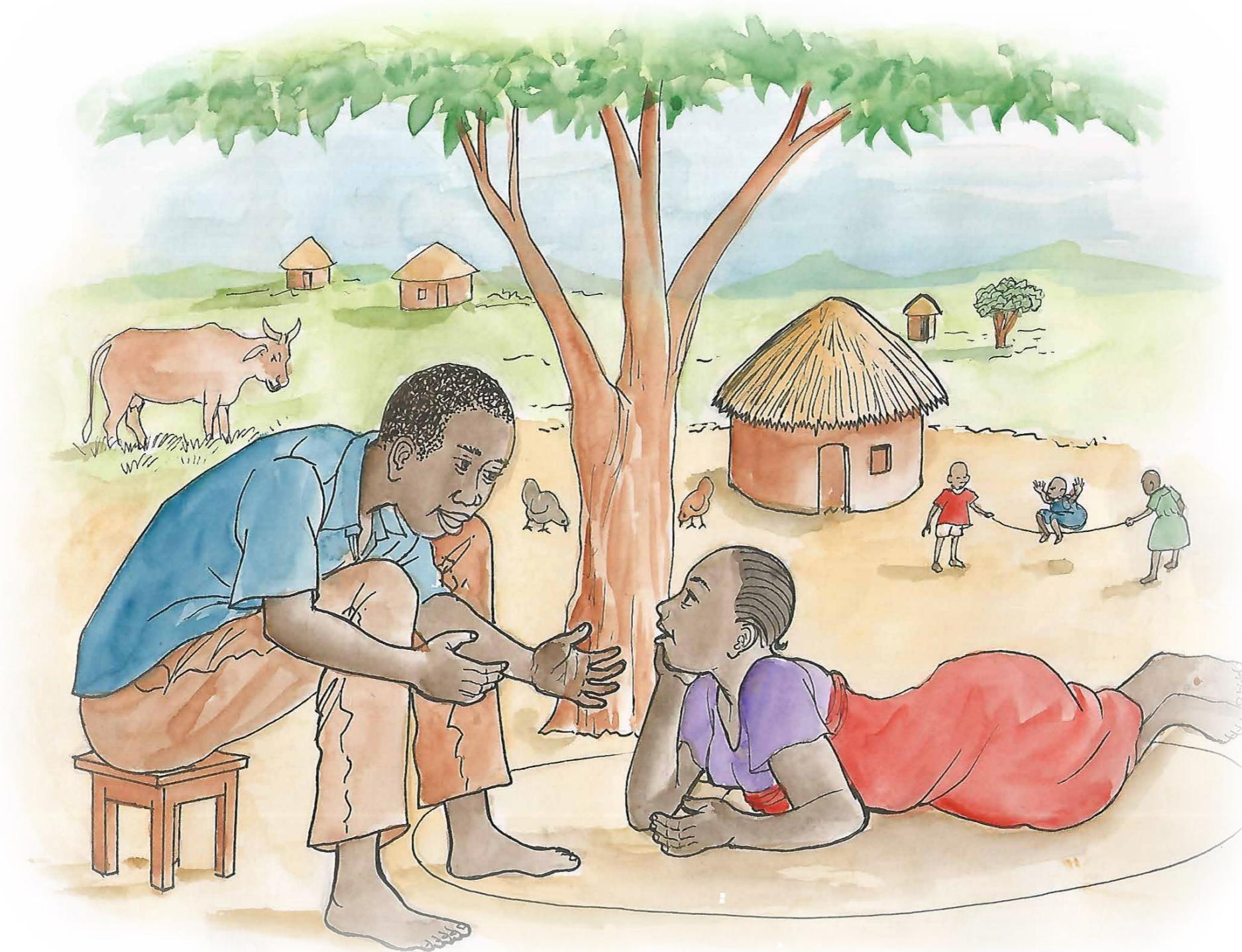


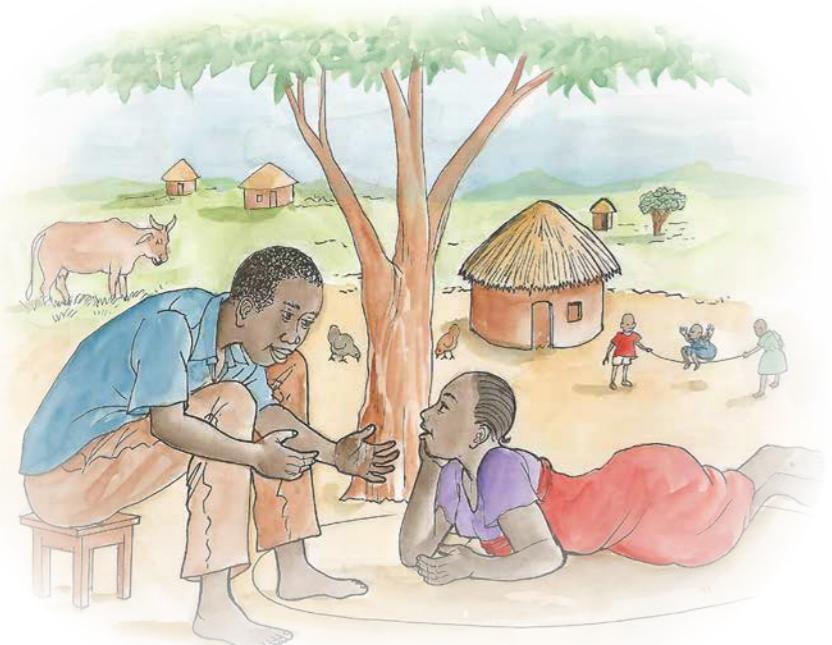


# Yoo maber me kuru yacu

Bedo be ka i oo mwaka 18 ka l yac. Latin ki mine  
bedo ma ki yota kom ka mine latin mwaka ne tye  
18 onyo makato.

# Lago Nywal





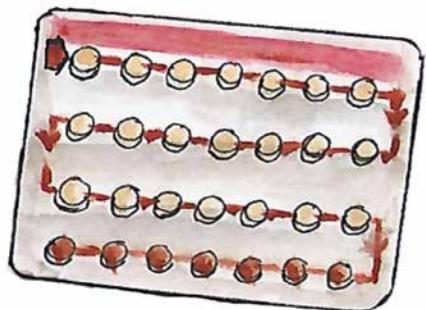
# Lago Nywal

Laco gi dako tye ki twero me neno lutino adii ma gi romo bedo kwede gi dong awene.

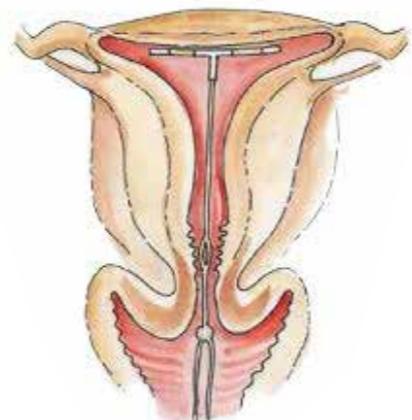
## Lago nywal konyo ning?

- Kom mon gi lutino bedo yot ka gengo yacu atura. Yac ma pe attire en aye ma no dako pwod tidi onyo yaco labongo lago ne.
- Lutino manok I gang tere ni cente gi cam tye pi gin weng.
- Lunyodo bedo ki cawa madwong me tic ki bedo ki dano ma gang/lutino gi.
- Rii me nongo yacu me acel nyo aryo miyo kare ki mon ki coo me bedo I cukul tyeko kwan maber.

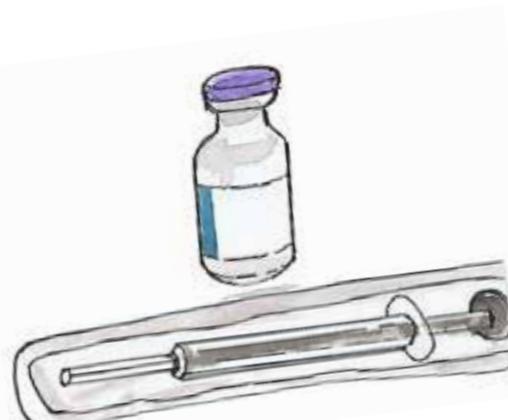
# Yoo me lago nyal



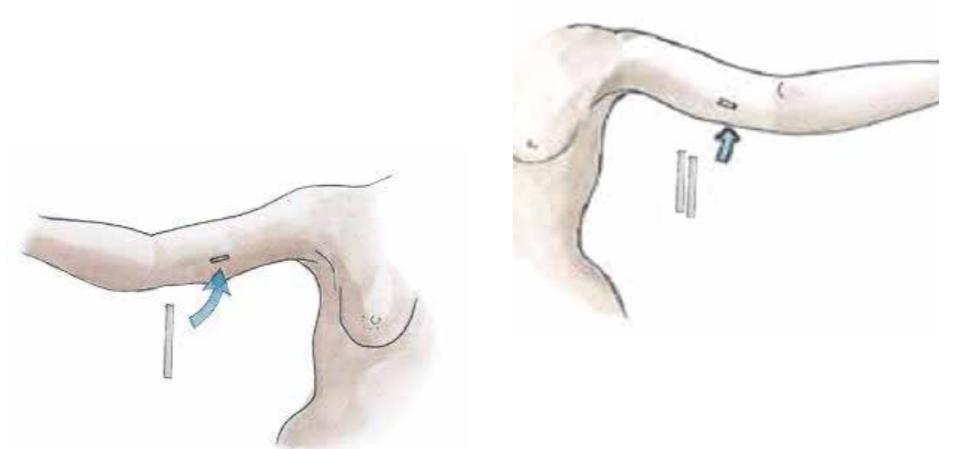
Yat amunya



IUD



Yat Atuca



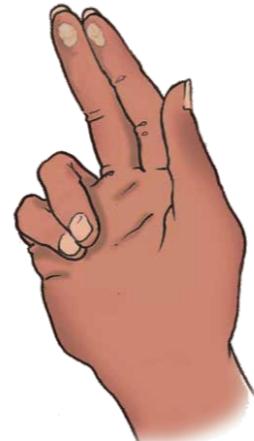
Yat a keta I kom



Yoo me lago  
nywal pi  
mon ma dot



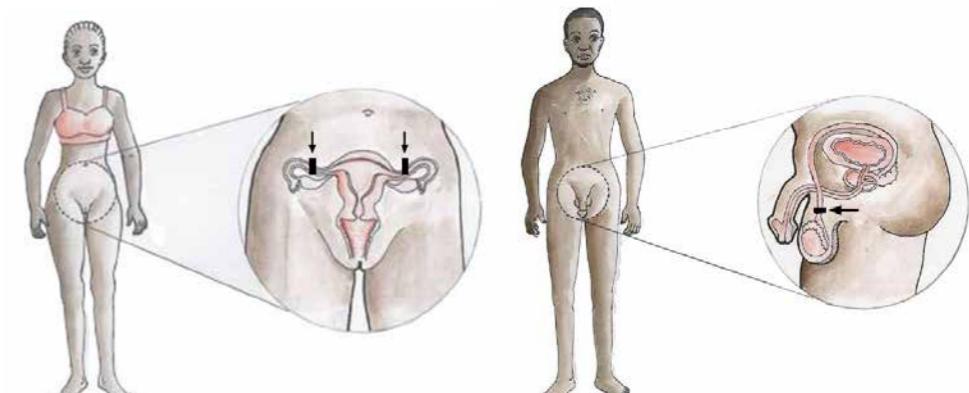
Roc Bol  
pa coo



Roc Bol  
pa mon

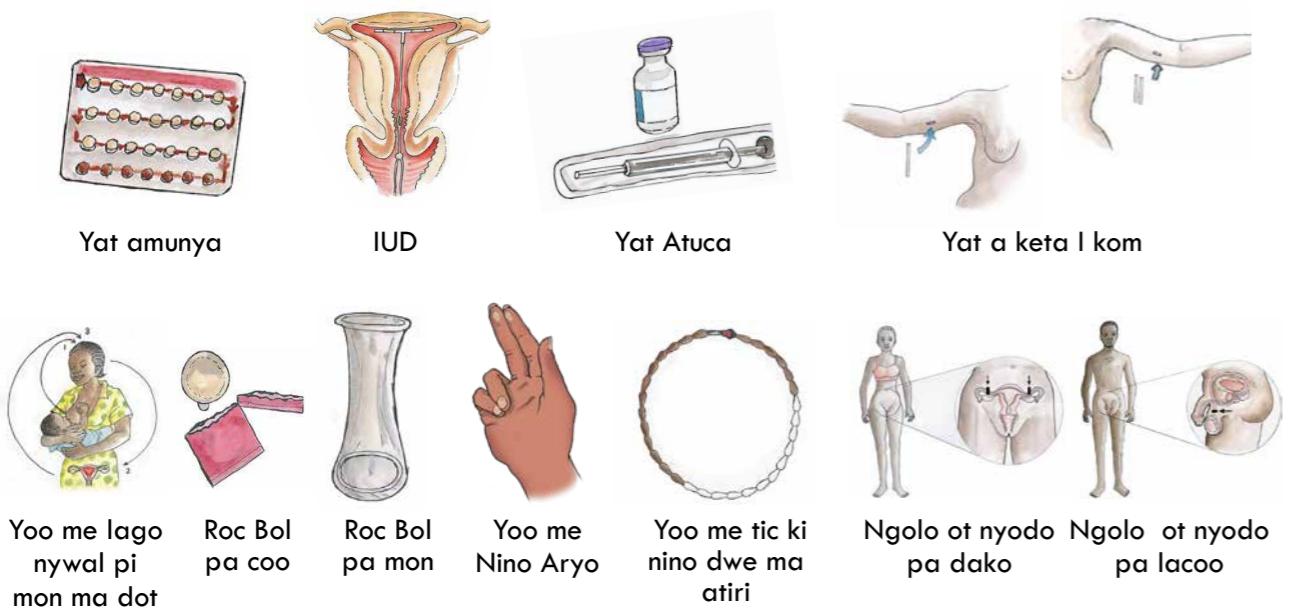


Yoo me  
Nino Aryo



Ngolo ot nyodo  
pa dako

Ngolo ot nyodo  
pa lacoo



# Yoo me lago nyal

## **Yoo mapol me iromo kwanyo me tic kwede.**

- Mogo tiyo maber loyo mukene.

## **Yoo ma lupwonye me grup romo miyo:**

- Roc Bol
- Yoo me lago nywal pi mon ma dot
- Tiko Kwe
- Yoo me Nino Aryo

## **Yoo ma lutic yot kom miyo onyo l gang yot kom:**

- Yat amunya
- Yat atuja
- Yat a keta l kom
- IUD
- Ngolo ot nyod pa dako
- Ngolo ot nyod pa lacoo

# **Yoo ma ki miyo in yot yadi**

**Yat amunya**

**Yat atuja**

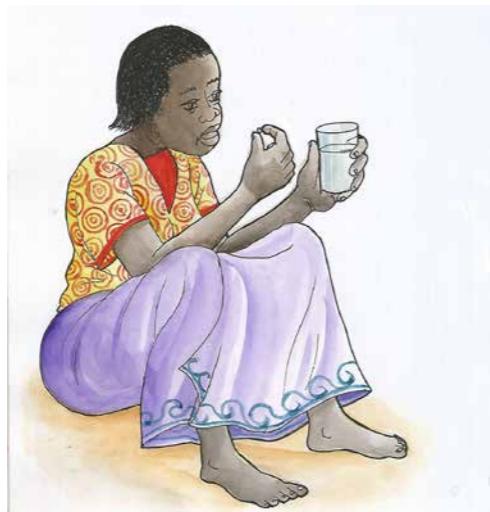
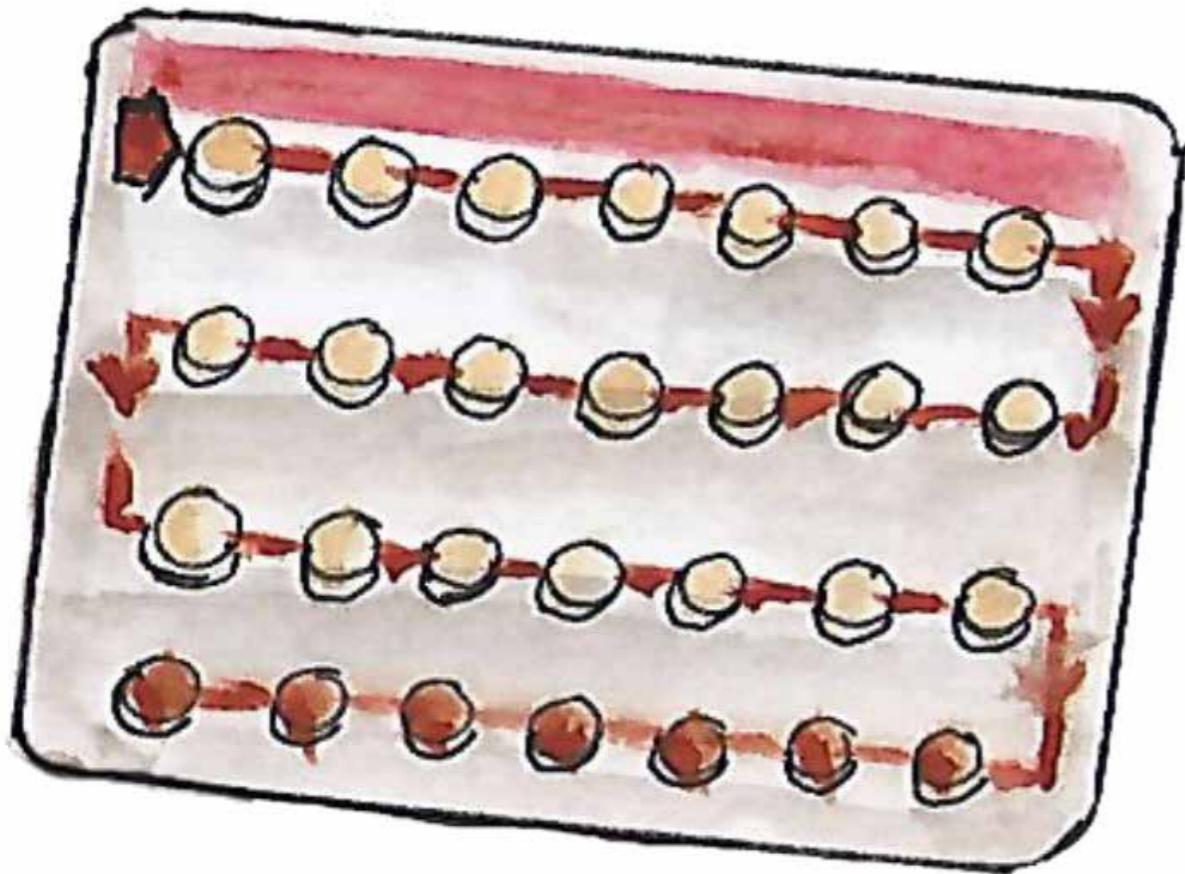
**Yat a keta l kom**

**IUD**

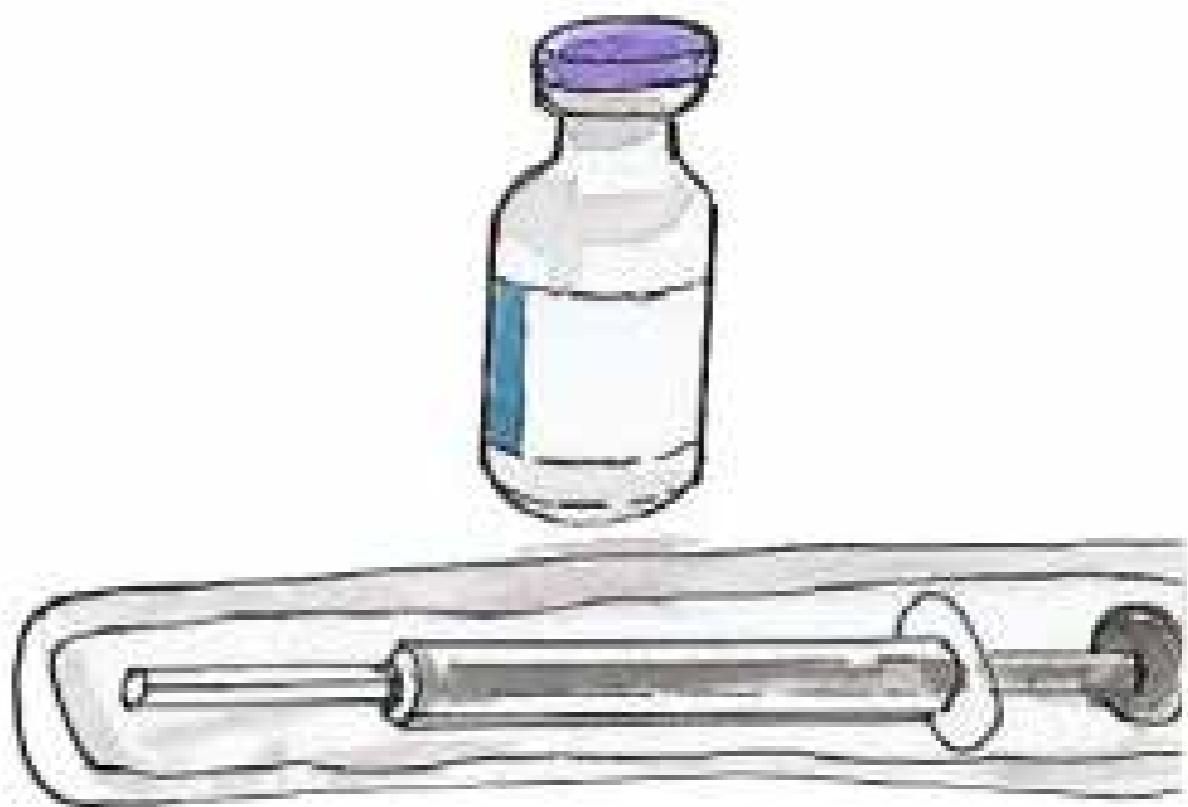
**Ngolo ot nyod pa dako**

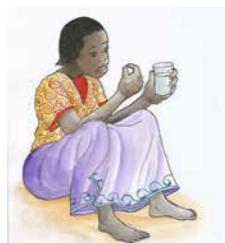
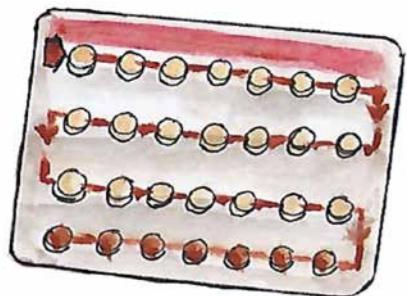
**Ngolo ot nyod pa lacoo**

# Yat amunya



# Yat atuja





# Yat amunya

## Obedo ngo

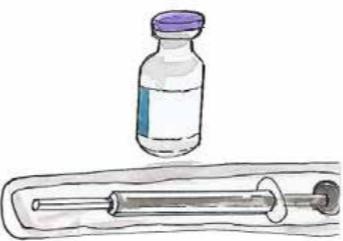
- Yat amunya ma tye gi kwii doki ki munyu jwi.
- Gengo tong kati, culo lac nyodo pa lacoo me rwate ki tong.

## Kit me tic

- Mwony yati acel nino weng.
- Ka l tyeko paket me yat amunya man, cak manyen ne oryo ne.

## Adyoki

- Nino mogo remo kati atura l ya acaki, igenye ma lubu dong remo ma reb l kare me kwe dwe, aba wic bene bedo nok.
- Mon mogo winyo amwoda icc onyo aba wic manok ma rweny woko l nge kwe manok.



# Yoo me lago nywal ma lo tucu atuca

## Obedo ngo

- Ki miyo Kwi atuca l nge dwe 2 onyo 3 weny.
- Gengo tong kati.
- Tiyo maber ka l tuce l cawa ne.

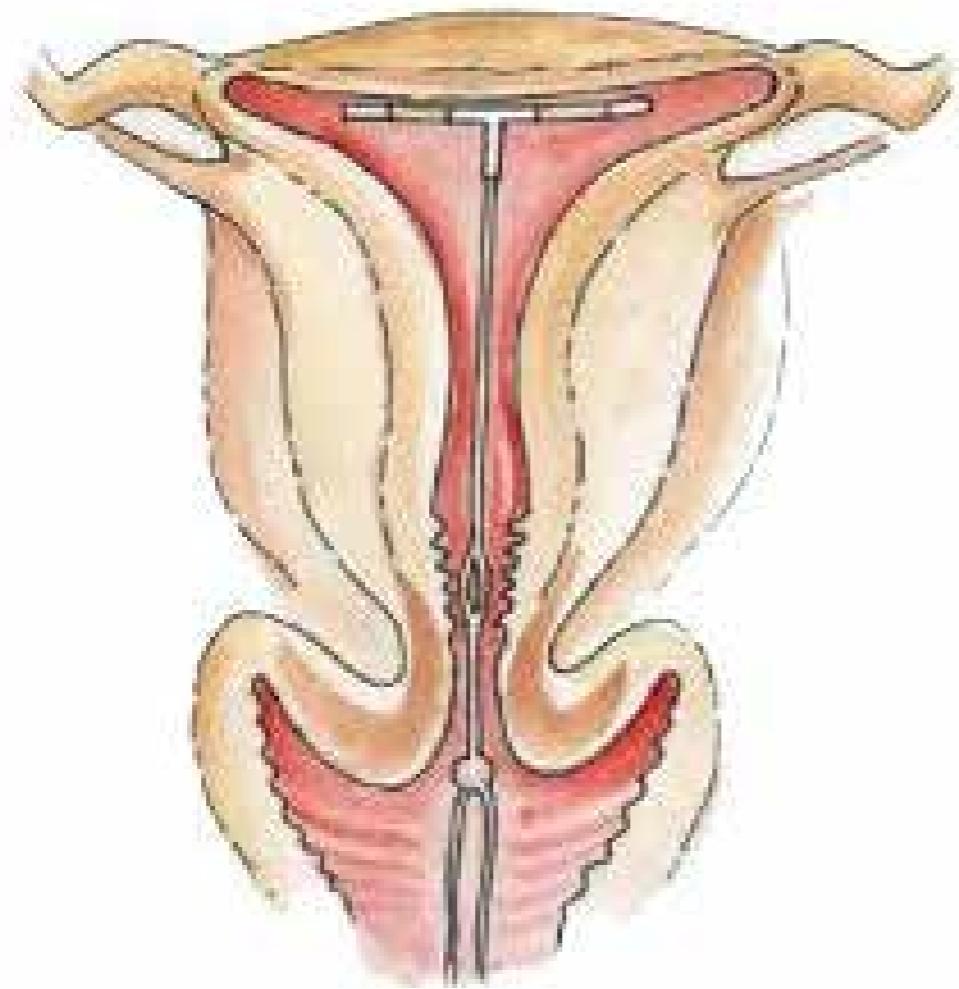
## Kit me tic

- Tuce inge dwe 2 onyo dwe 3 weng.
- Ka itye ka dot, cak cabit 6 inge cwal.

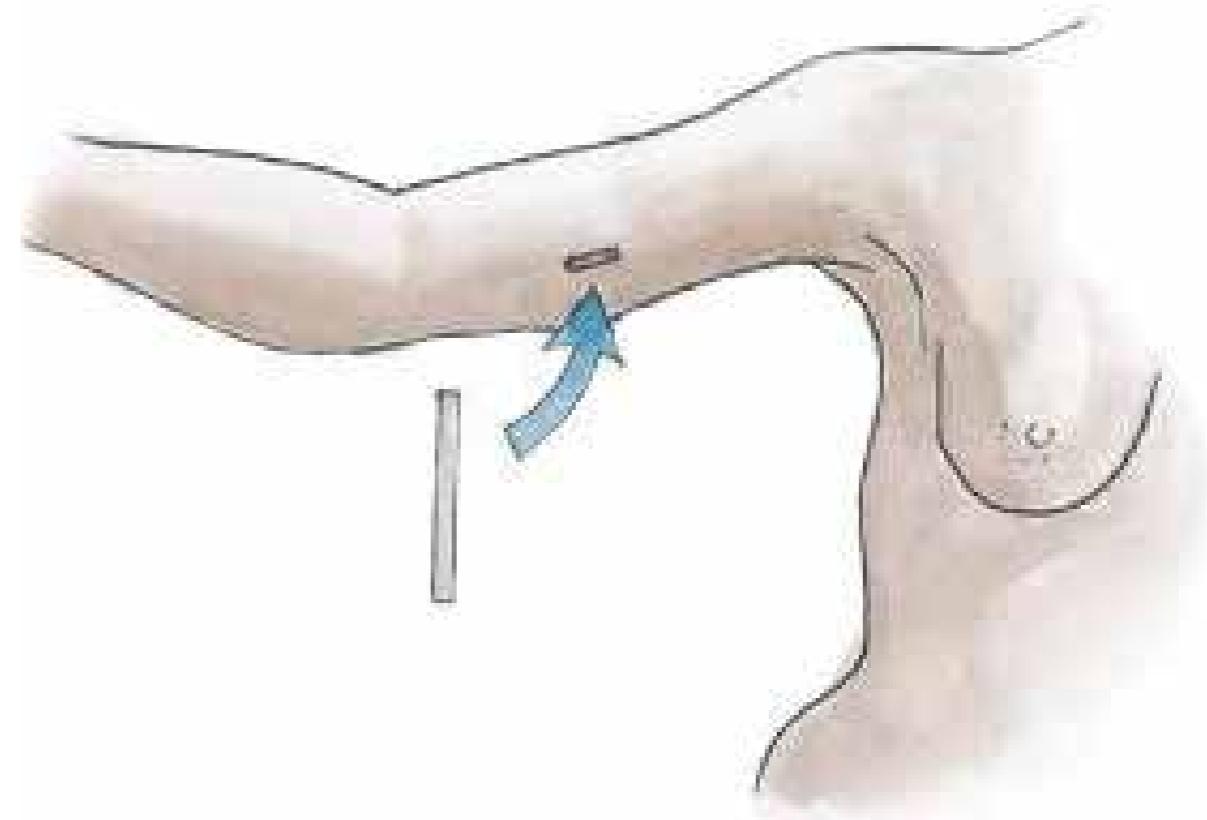
## Adyoki

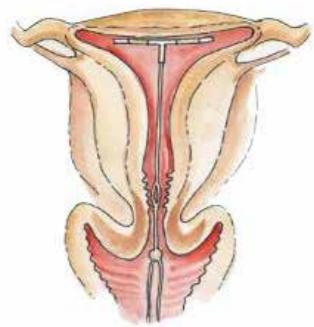
- Remo kati atura l ya caki, ki dong nok onyo matwal remo bino. Eni pol daki be.
- A loka loka me kilo kom romo nen.
- Inge giko tic gi yat atuca, tero kare wek l yaci.

# IUD



# Yat a keta I kom





## IUD

### Obedo ngo

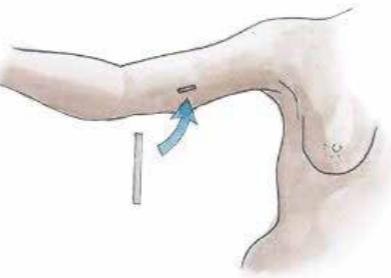
- Gin ma tidi ma ki dolo l nyonyo ma ki keto in Uterous.
- Ki tiyo kwede pe mwaka 12.
- Romo kwanye cawa mo keken ka imoto yac.

### Kit me tic

- La tic yot kom aye rwako ki kwanyo.

### Adwoki ne

- Arem pa kom gi kati ma pol pa remo l kare me kwe dwe l kare me n.



**Yoo me lago  
nywal ma ki  
kwoyo l kom mon**

### Obedo ngo

- Ki keto oceke ma tidi l badi.
- Kwi ma aa l oceke loro lac nyodo pa lacoo me rwate gi tongue ki bene tongue kati.

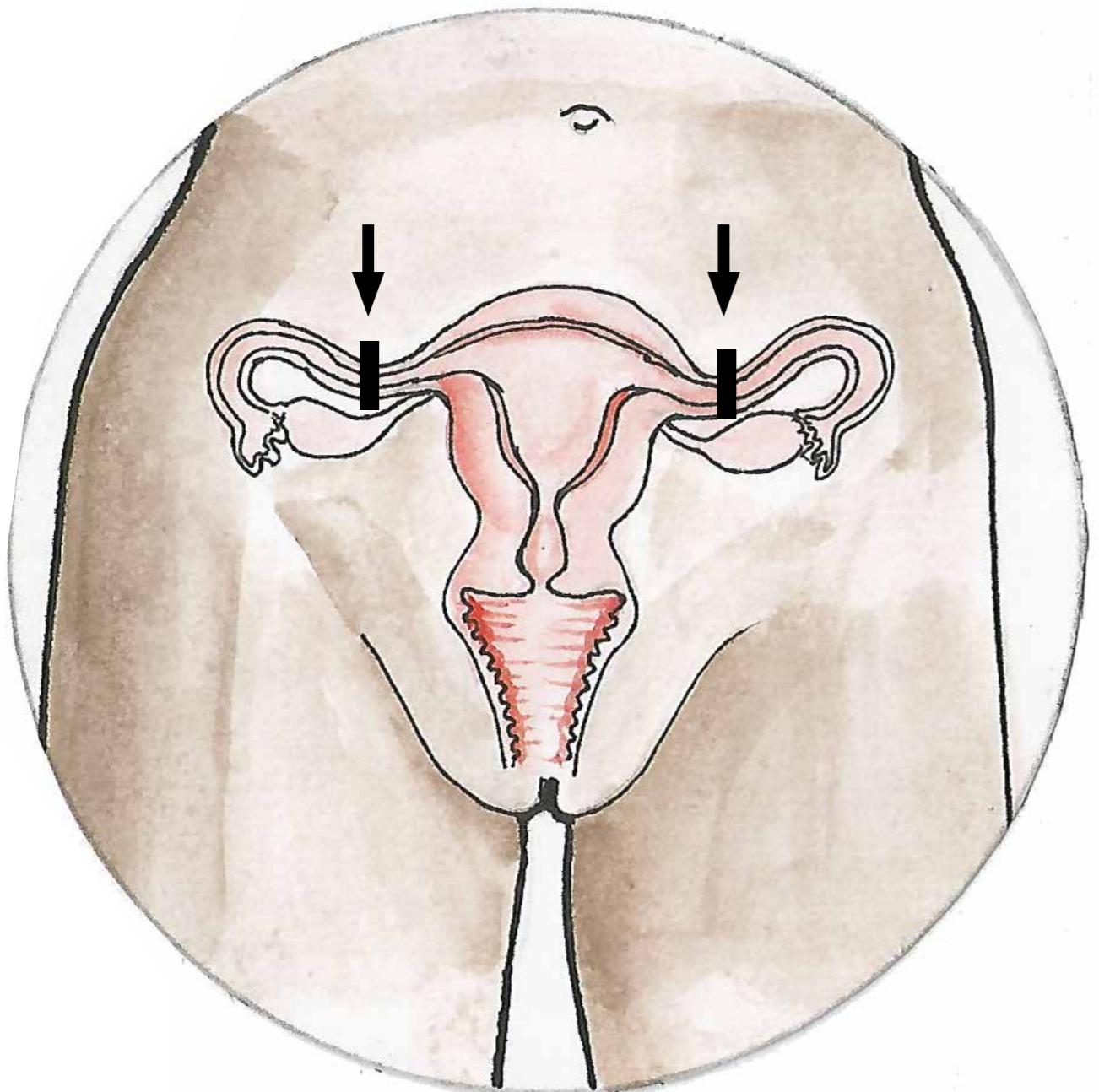
### Kit me tic kwede

- Latic yot kom aye rwako daki kwanyo oceke man.
- Bedo pe mwaka 3 me oo ya 5.
- Romo kwanye cawa mo keken ka imito yac.

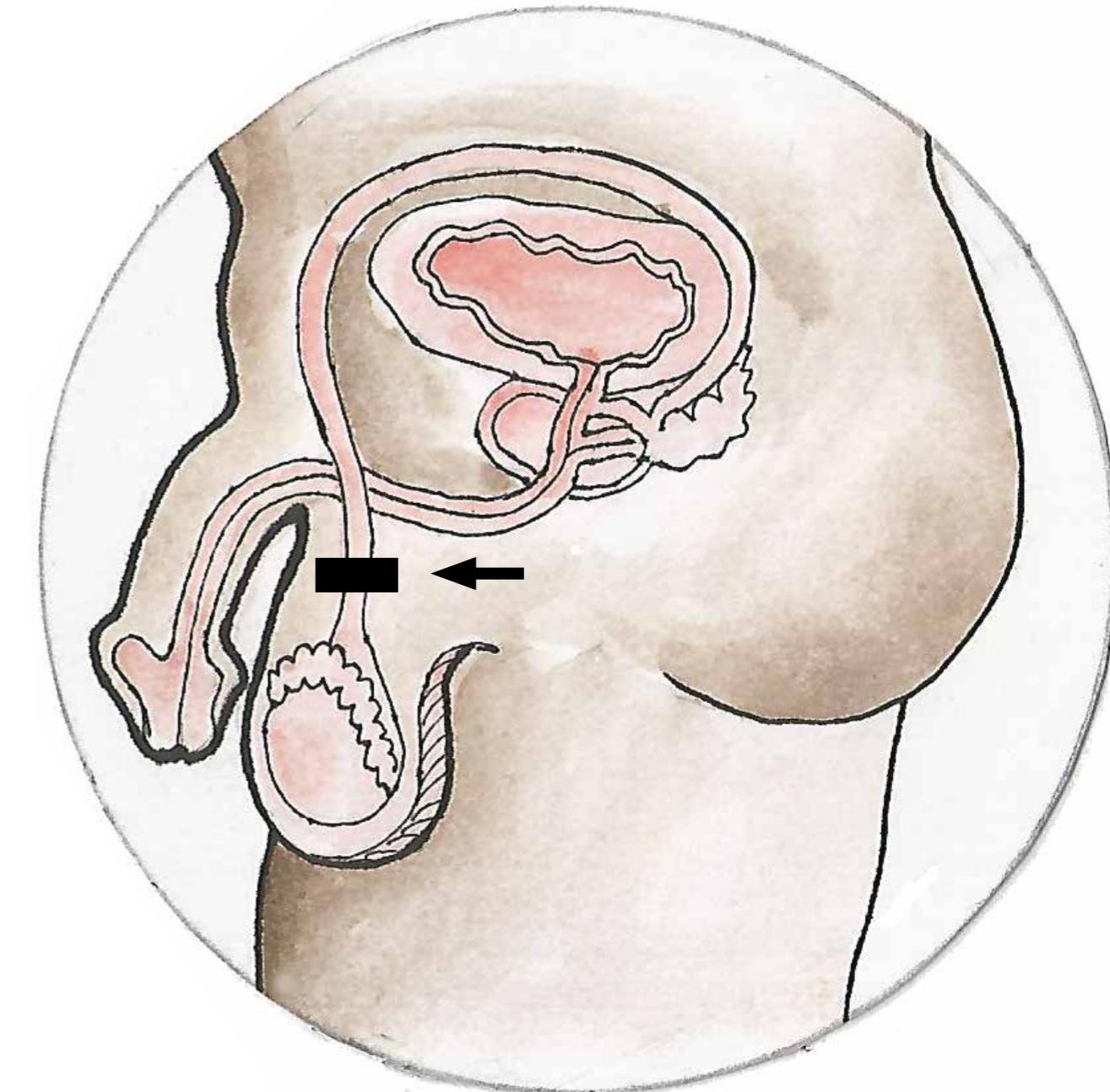
### Adwogi

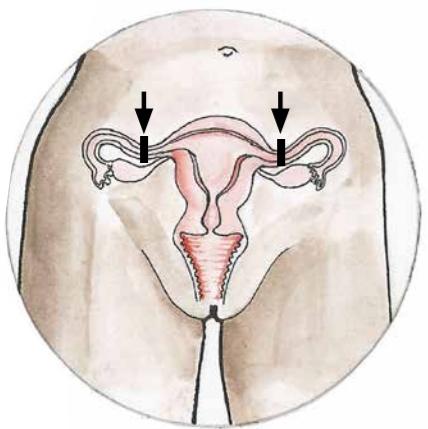
- Aloka loka l kati pa remo tye pat pat, pek onyo kwe dwe pe nyute. Dong aloka loka ni time daki be.

## Ngolo oceke pa dako



## Ngolo ot nyodo pa laco





## Ngolo oceke pa dako

### Obedo ngo

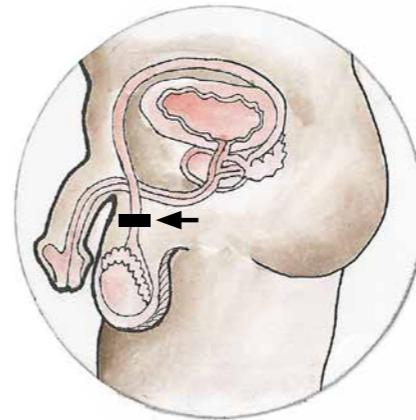
- Baar ki pala maber ma peke ki adwogi kun rii pi naka pi mon onyo joo ma gu ribber tye ka bedo kacel ento pe gi tye ki miti me nongo lutino.

### Kit me tic kwede

- Dacta ngolo onyo culu oceke. Ot cwal pe ki kwanyo.

### Adwogi

- Romo bedo ki aonya kom l nge lubu yoo man.
- Rok/Remo mede kit ma con.



## Ngolo ot nyodo pa laco

### Obedo ngo

- Baar ki pala maber ma peke ki adwogi kun rii pi naka pi coo onyo joo ma gu ribber tye ka bedo kacel ento pe gi tye ki miti me nongo lutino.

### Kit me tic kwede

- Baar ma yot kun nongo darkta ma tye ki pwonye ma oromo aye ngolo ocek me man laco ma tero lac nyodo. Nyig man laco pe gi kwanyo.

### Adwogi

- Pe dwoko kero me rwate l butu, tello onyo lac nyodo kati.
- Omyero oti kong ki yoo me medo kero ne pi dwe ma romo adek 3.

**Yoo ma lapwony pa  
Iwak/dul miyo**

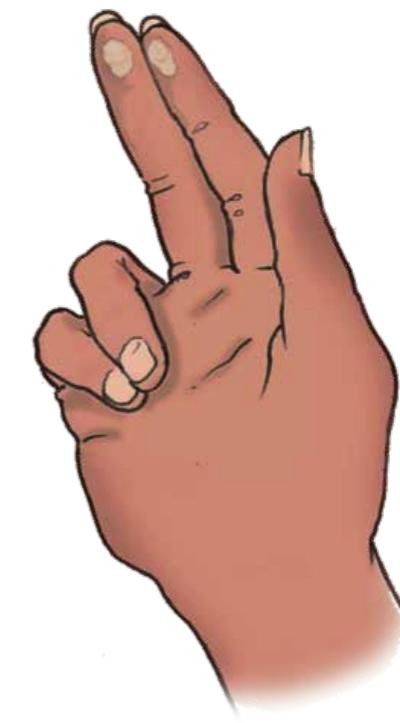
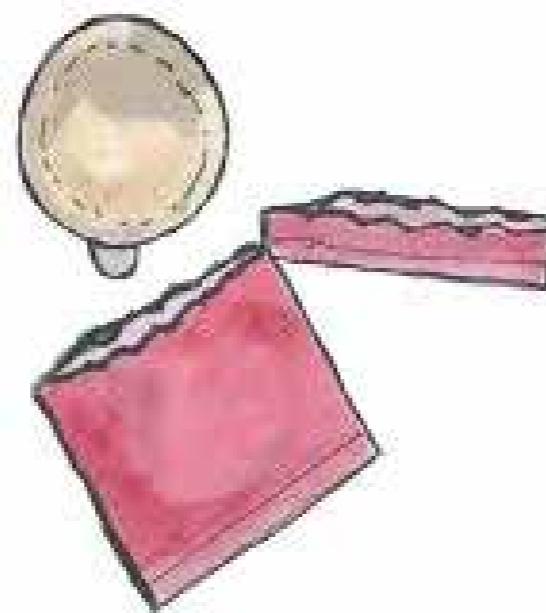
**Yoo me lago nywal pi mon ma dot**

**Tiko Kwe**

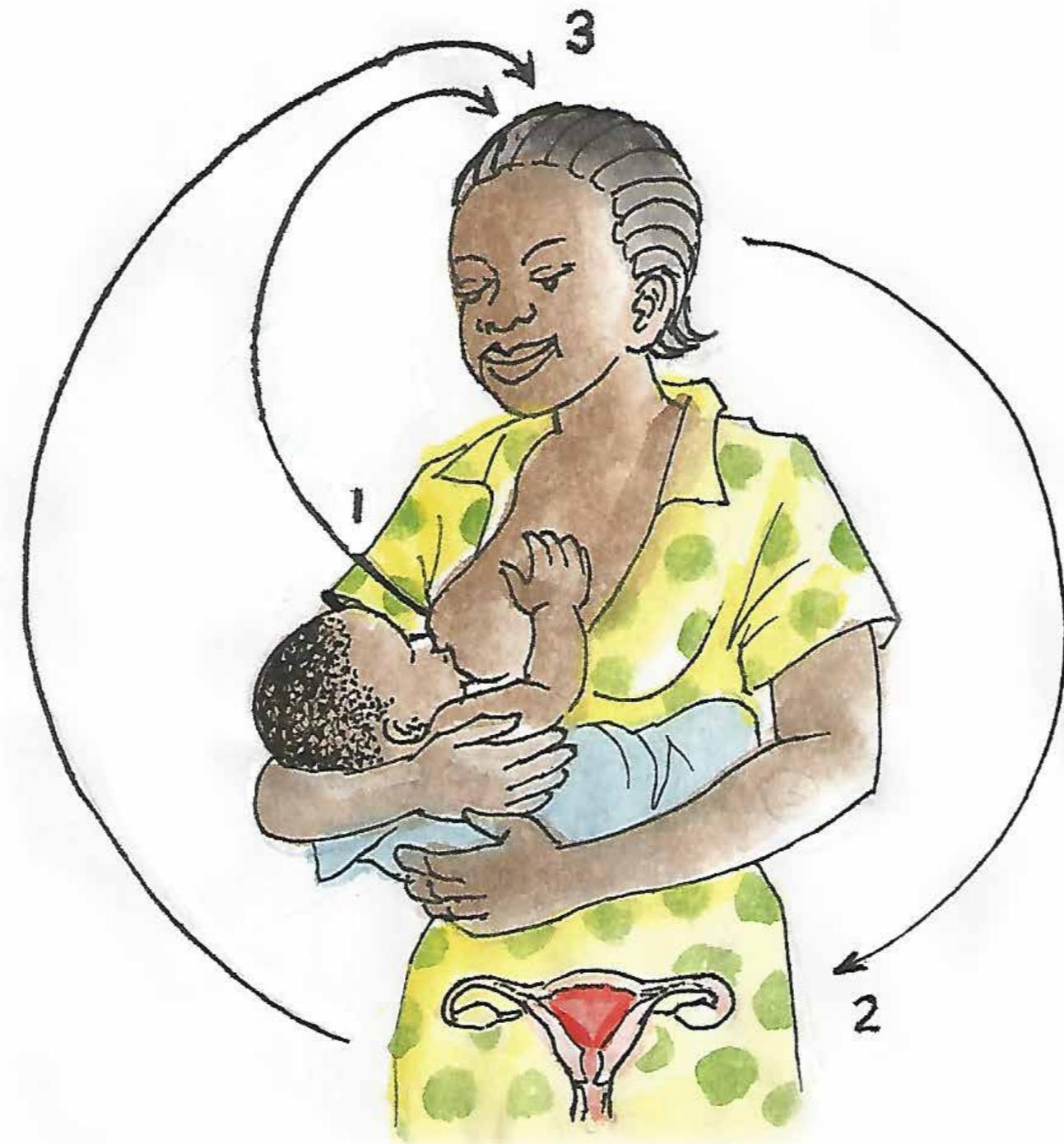
**Yoo me Nino Aryo**

**Roc Bol**

**Yoo me lago Nywal pi mon ma dot,  
Yoo me Nino Aryo, gi Roc Bol**



# Kit ma Yoo man tiyo





# Kit ma Yoo man tiyo

Dot kare ki kare juku tong dako me tegi ci juko kwe dwe/ruk.

- Dot pa latin cwalo ngec I ya dam me juku tong dako me tegi daki juko kwe dwe.
- Kwe man Lwore I kin cak kor, adam, gi pok tong dako.

- Cam mukene ma pat gi dot, juko lok/ kubo ngec man. Bene time ka min latin bedo be cawa 4 labongo doto latin.
- Kace ngec man ocod, tong dako cek daki cako neon kwe. Dako bedo gi kero me yodo daki romo yac.

# Yoo adek me LAM

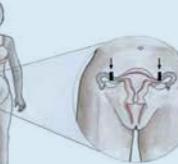
1



2



3



# Yoo adek me LAM

1



Ony pa remo l kit me ruk/dwe pud pe odwogo ma l nywal kwede.

- Ka l cako kwe ni, l tye kero me nyodo daki. I romo camo icc/yac kadi l mede gi dot.

2



Mon doto lutino dye ceng gi dye woo keken daki pe gi miyo cam, pii onyo gin mamata.

- Ka latin obedo ki kero me nongo cam moo keken , pii nyo gin amata mo keken ma mede l kom cak adota, latini pe obe doto dot kit ma mite tere tere ni. man weko dok in l bedo ki kare me nongo yacu dok aye kadi itye ka doto latin.

3



Latin pwodi pe oo dwe 6

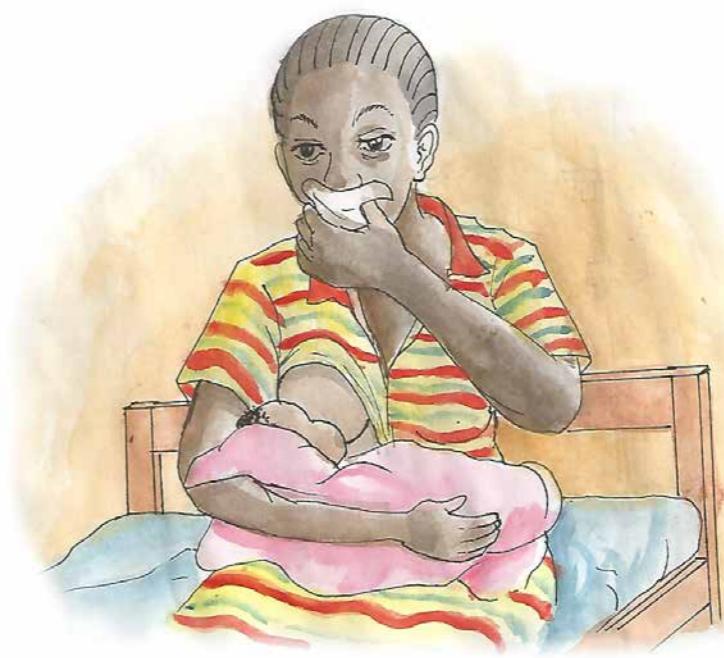
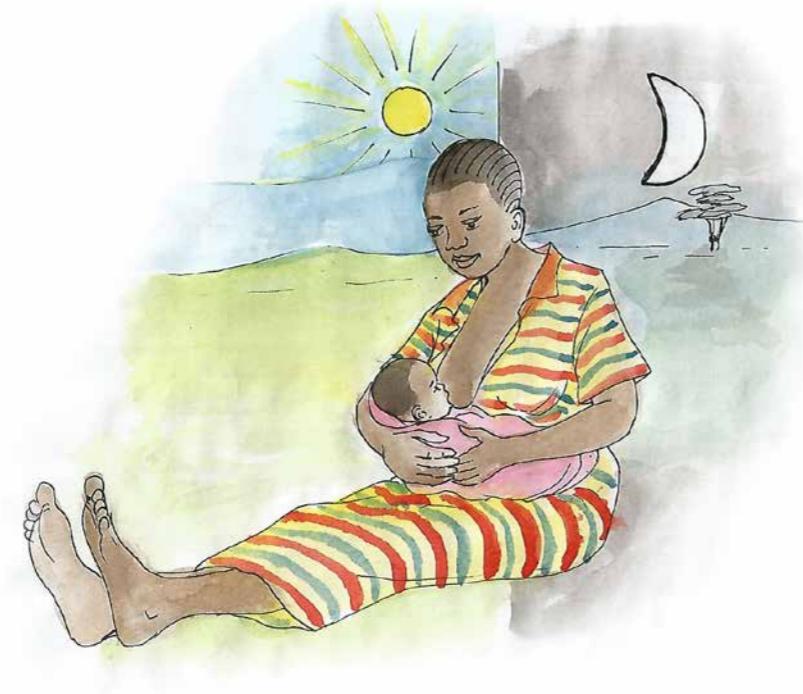
- Kace latini oo dwe abicel l tye gi kero me nyodo. I romo yac, kadi l mede gi dot.



Kace yoo 3 magi weng poke, cak tic gi yoo mukene cut. Cak tamo yoo ma pat kace LAM pe tye ka konyi lago nywal. Lok gi latic yot kom l kom yoo maber me lago nywal ca ma in pwod itye ka dot.



# **Yoo maber me doto latin ki cak kor dako**



# Yoo maber me doto latin ki cak kor dako



## Cak doto latin I kin cawa me acel ma I nywal kwede.

Ket latin obut I kom mi cut cut I cawa ma I nywal, omyero obed del kum del ikin min latin gin ki mine inge nywal.

Dot latin ki cak me acel ma tye ki moc cam madwong.

Cak kor keken aye latini mito me dongo maber ma kome yot i acaki dwe abicel.



## Dot latin teke mite, dye wor wa dyceng weng.

Dot latin tere tere kit ma latin tye ka mito ne kwede onyo I nge cawa aryo me oo I cawa angwen.

Pe I imii kwayi cam moo keken onyo gin amata mo keken kadi pii amata, kadi bed ngat mukene aye tye ka gwoko latin.



## Nen ni latin obedo ki miti I dot dok obed cok ki cak.

Latin omyero obed atir kun nongo wiye odok angec.

Latin omyero oyab doge ma lac , dog cak weng omyero odony I dog latin.



## Mede ki dot kadi bed in min latin komi lit onyo latin aye kome lit.



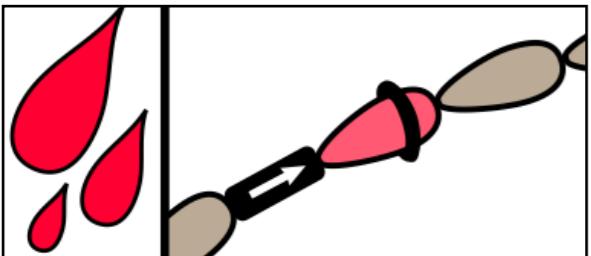
## Cak kelo kwai cam mukene I med I kom cak nongo dong latin oo dwe abicel 6.



## Tiko me kwe pa mon

- Konyo weko ingeyo nino  
mene l kin dwe ma l romo yac.
- Wek pe i gam ic, gwoke ki  
rwate ki laco iyoo me butu  
onyo tii ki roc bol l kare meno.
- Mon ma kwe gi pe cod twero  
tic kwede.
- Lacoo gi dako omyero gu tic  
roc bol onyo wek rwate l butu.

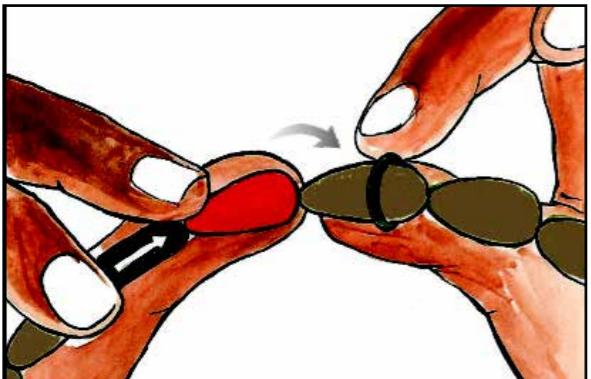
# Tiko me kwe pa mon



Nino ma l cako kwe, di lagit kama tiko ma KWA.

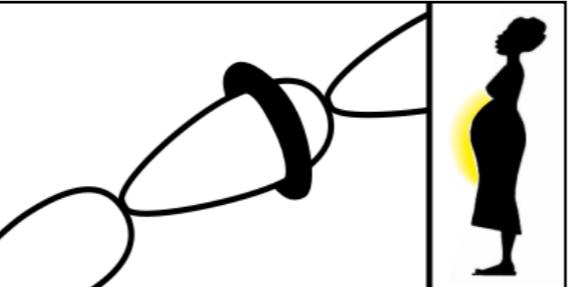


Gwet nino ne l Kalenda.

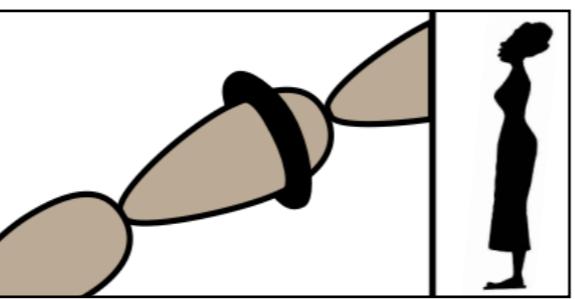


Di lagit tiko acel nino acel acel. Mede gi ngiko kadi me itye ka neon kwe ni.

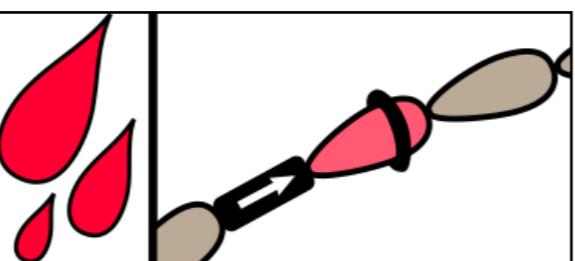
Di l tung kama atero cimo.



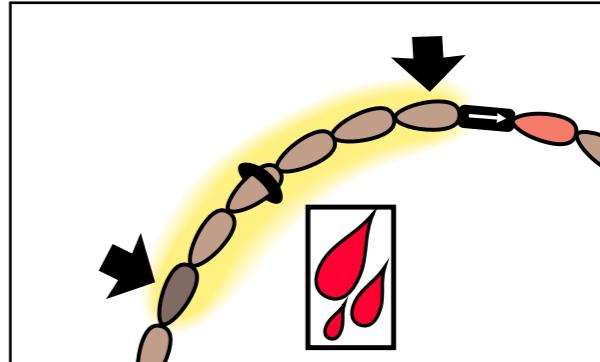
Juk rwate gi Laco l butu ka lagit oo l tiko MATA ka pe l mito yac.



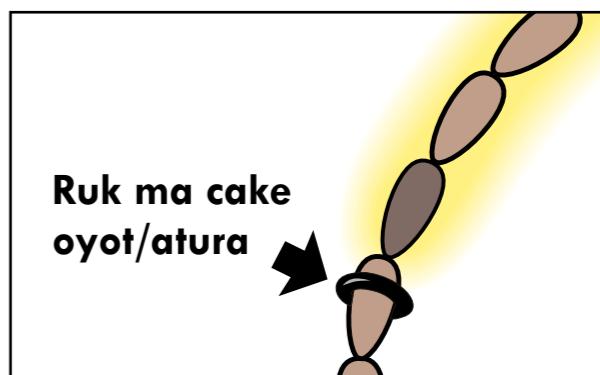
I romo rwate l yoo me butu ka lagit oo l tiko ma COL KWA KWA. Pe bedo gi kero yac l nino man.



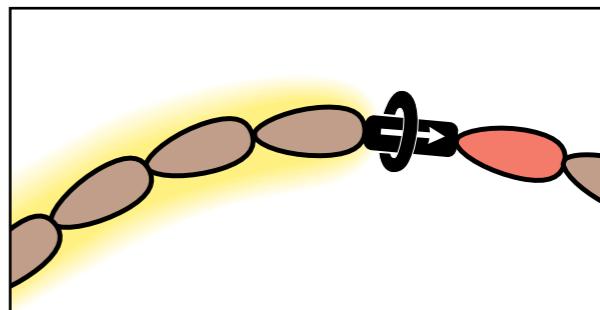
Di lagit kama tiko ma KWA ka daki kwe ni ocake Kal tiko mo keken ma tye tung acam.



Me tic ki tiko me dwe, ruk/dwe omyero ocake l akina tiko ma col ki me agiki ma brown.

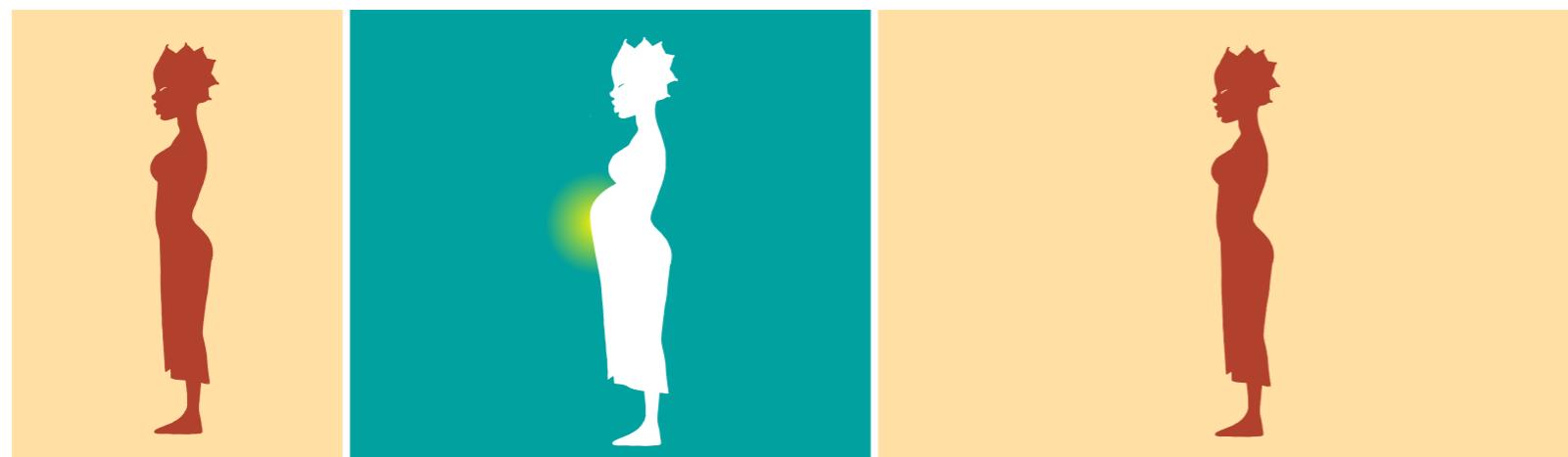
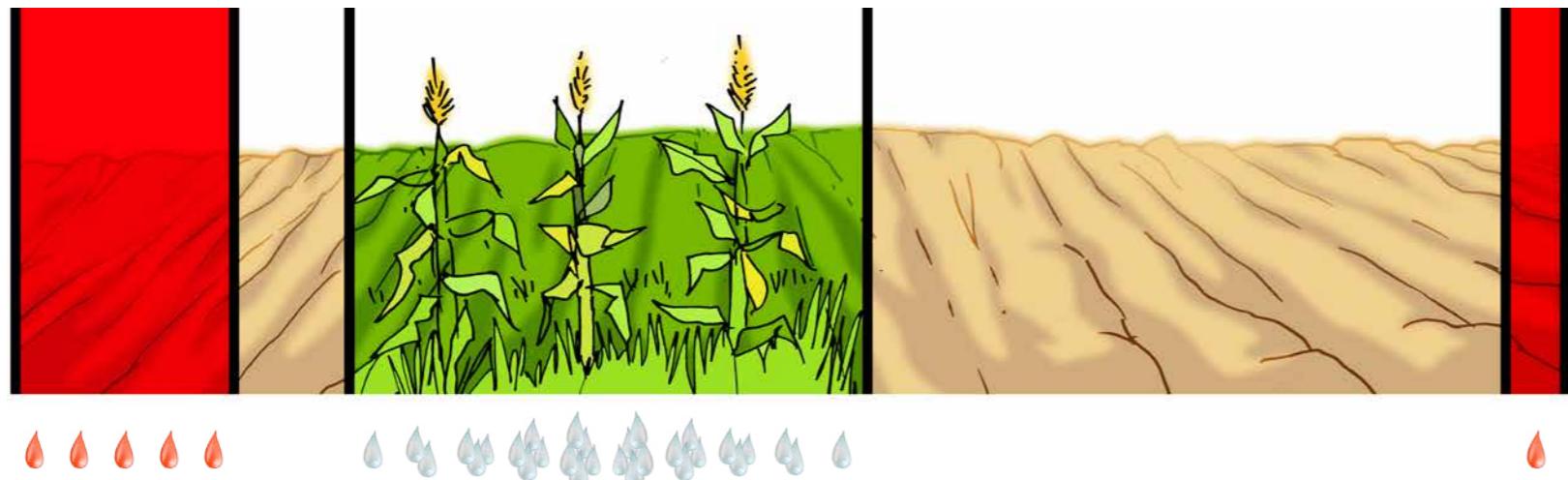


Ka ruk/dwe ni cake ma pud pe oo l tiko ma col kwa kwa nongo ocake con/nyo atura.

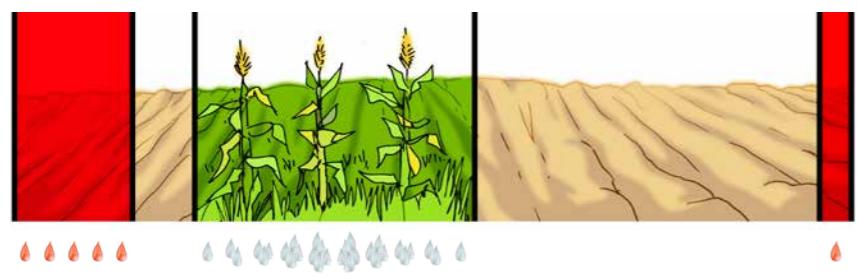


Ka ruk/dwe ni pe ocake l nino ma lawala tye l kala tiko ma col kwa kwa , nongo ocake lacen.

# Yoo me lago nywal me Nino Aryo



# **Yoo me lago nywal me Nino Aryo: Kit ma pig kom me nyodo nyute**

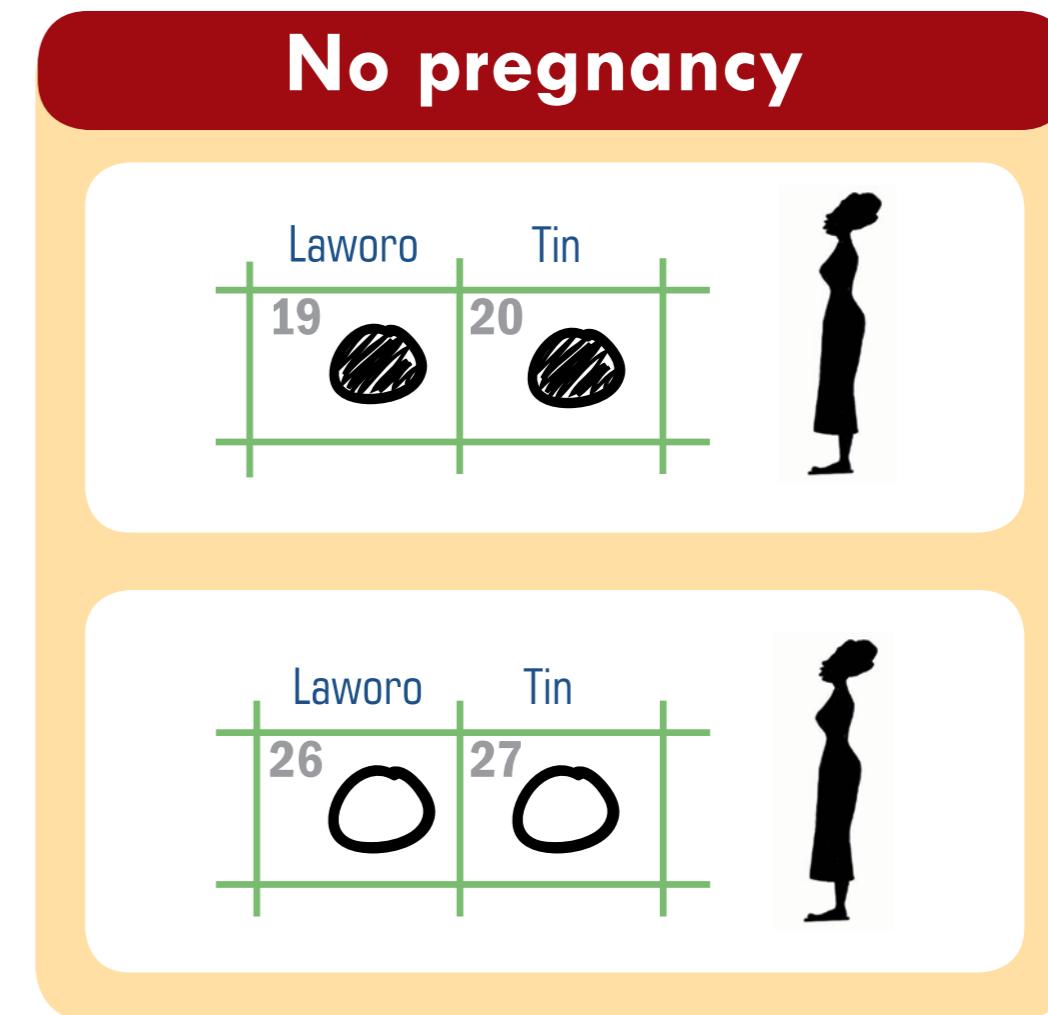
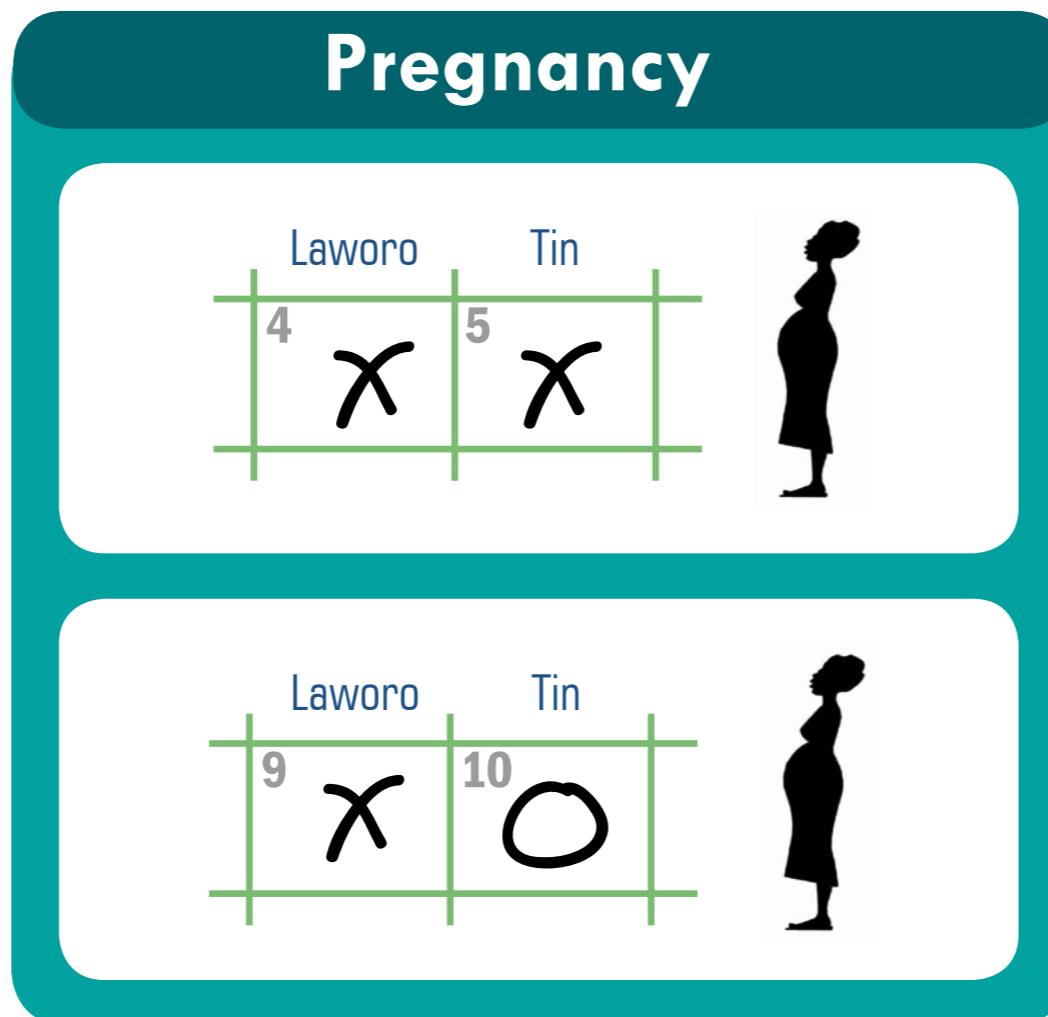


- Pig kom lanyut ni komi romo gamo nyodo. Tere ni iromo yac.
- Nino ma kwe ni otum, I romo bedo nino manok labongo pig kom.
- Ci pig kom nen manok. Omyero I bed ki diro me neno gi onyo me bongo ne.
- Ka nino woto gi kato, pig kom bene woto gi mede , weko neno ne gi bongo ne doko yot.
- Ka ocake, pig kom mede pi nino ma pol.
- I nge nino mapol, dwong pa pig kom woto ki dok wang ma orweny weng.
- Pig kom pe tye rom pol kare. Nino ma woto, gi nen daki I bongo pat.
- Pig kom mo keken cimo ni I romo yac.
- Ka iceto ka Iwok rot pig komi I karatac, pali onyo Iwet cingi.

# **Yoo me lago nywal me Nino Aryo: Kit me coyo I kalenda kwe pa mon me nino aryo.**



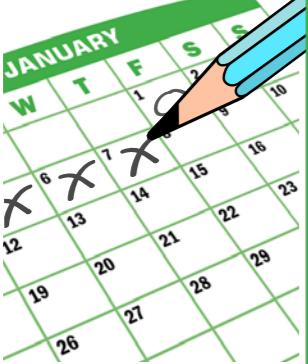
Nino weng, gwet lanyut acel:



# Yoo me lago nywal me Nino Aryo: Kit me coyo I kalenda kwe pa mon me nino aryo.

**Kit me gwoko  
ngec me pig  
kom**

Gwet dye wor weng  
ma ineno onyo I  
bongo.



Ka pig komi okati pi  
nino ma pe oo abic  
malube , ci omyero I  
nen latic me kin gang.

Nino weng, gwet lanyut acel:

Pi kwe , gwet

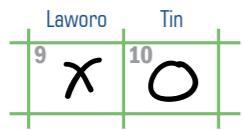
Pig kom ma peke yuntu , gwet

Pig kom nyuntu , gwet

I tye ki kere me nongo yacu I nino weng ki  
pig kom ma tye ka kato.



Wun weng I wu tye ki kare me nongo yacu ki pig  
kom tye ka kato, kadi bed pig kom peke tin.



Pe ki kero me nongo yacu ka I ruk/neno dwe/kare.



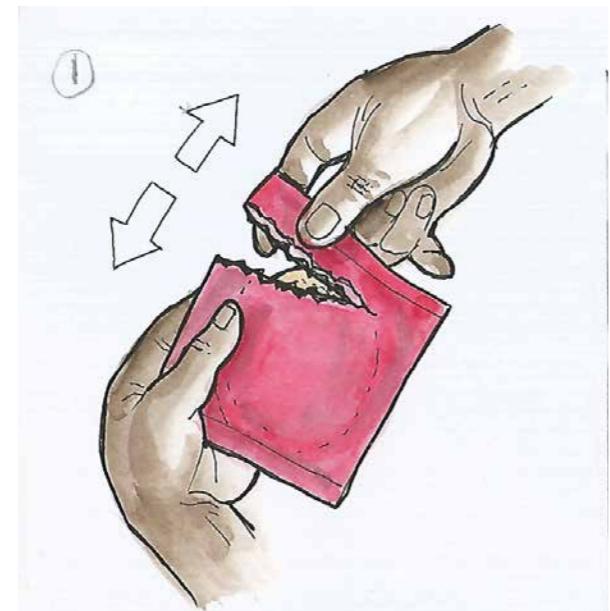
I pe ki kare me nongo yacu ka I pe ki pig kom ma tye  
ka kato ki I kom me mon calo laworo ka pe I nongo  
pig kom tin.



- Rot pig komi idye ceng ki otyeno.
- Dye wor weng ma pud pe I cito ka nino,  
gwet lanyut ma atir I kalenda.
- Nino me acel me itiyo ki yoo man, nge ni  
itye gi nyodo. Ti ki roc bol onyo gwoke ki  
i butu wek I geng yaco.
- **Wii opoo ni iromo yac tin ka pig  
komi tin tye, onyo ka pig komi obedo  
laworo.**

# Kit me tic ki roc bol pa coo

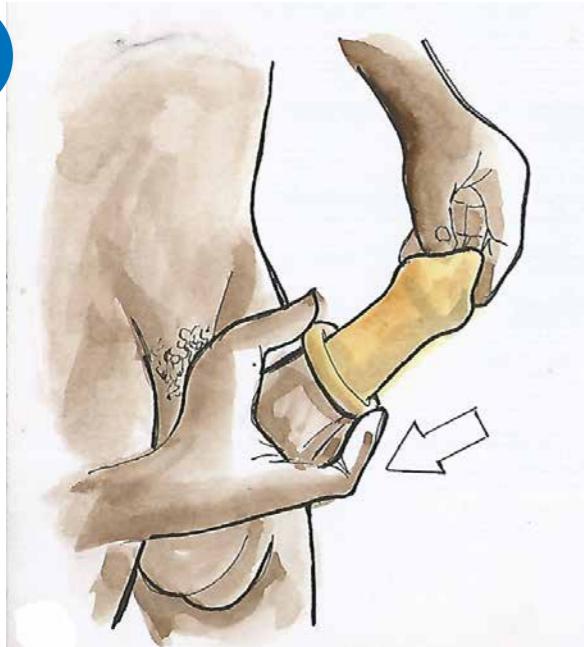
1



2



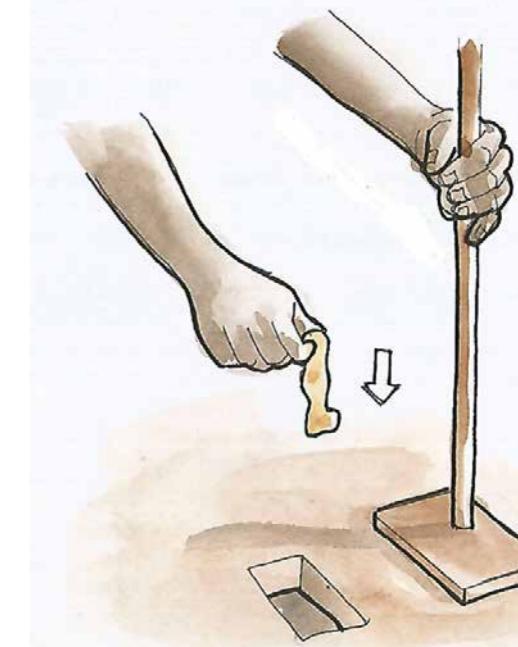
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4

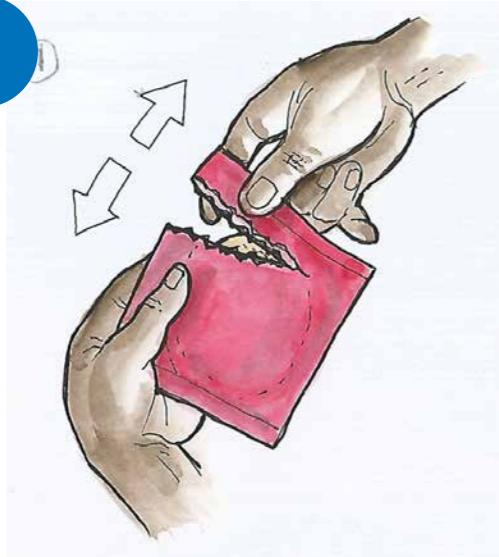


5



# Kit me tic ki roc bol pa coo

1



Ti ki roc bol  
mayen pi butu  
weng.

2



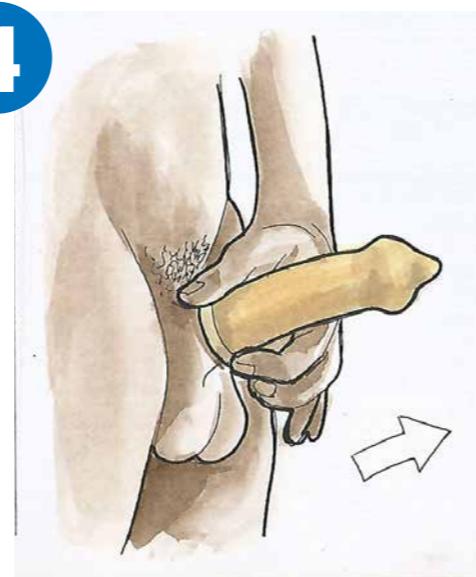
Ma pe l rwate,  
ket roc bol l wi  
cun ma otelo ma  
ki ngilo tengé.

3



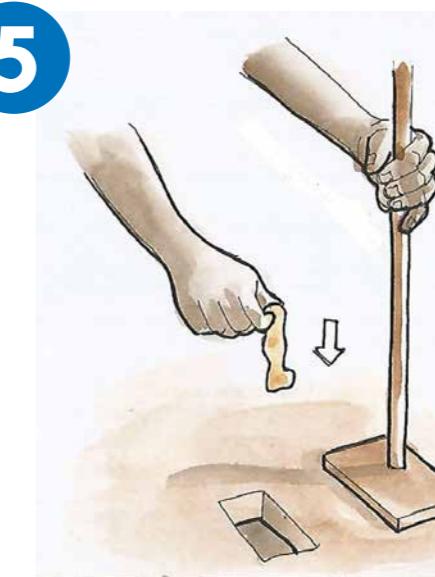
Ngil roc  
bol wek  
oo l te  
cun.

4



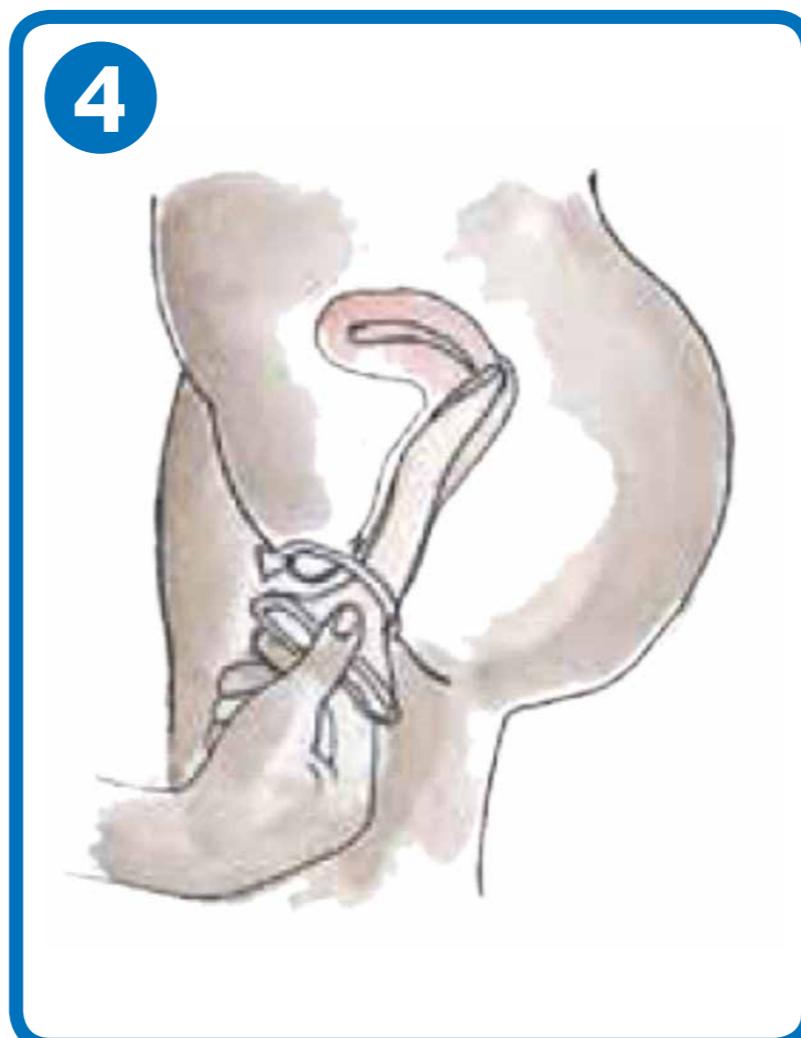
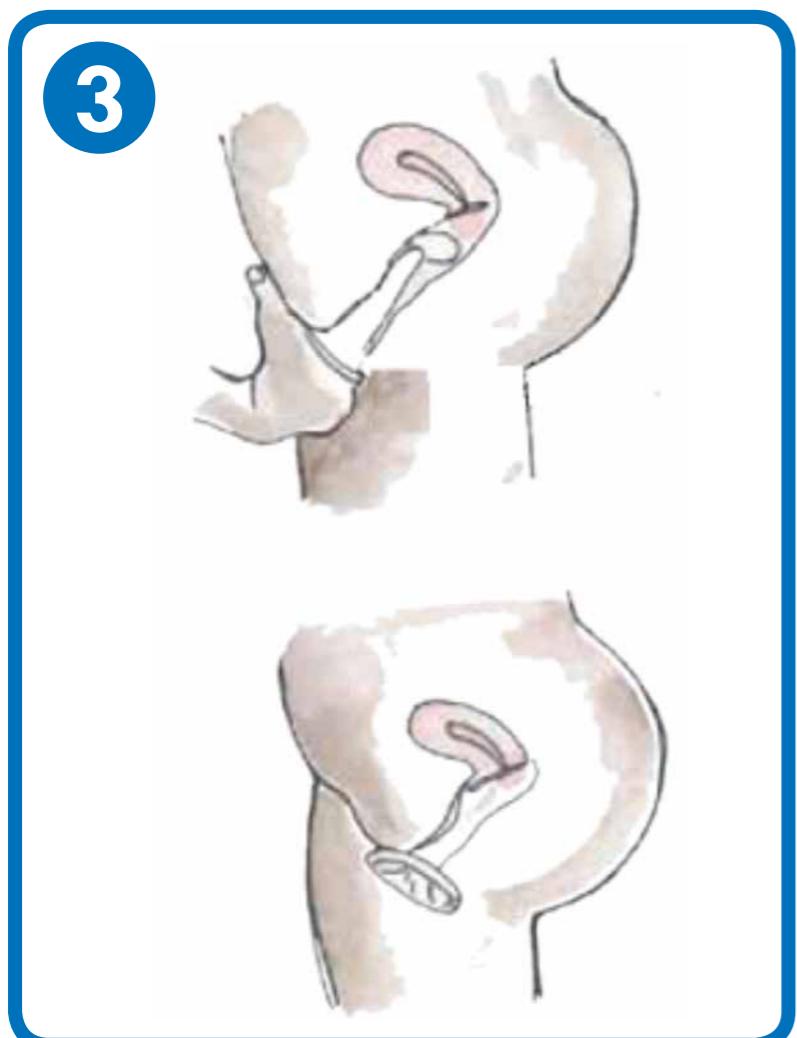
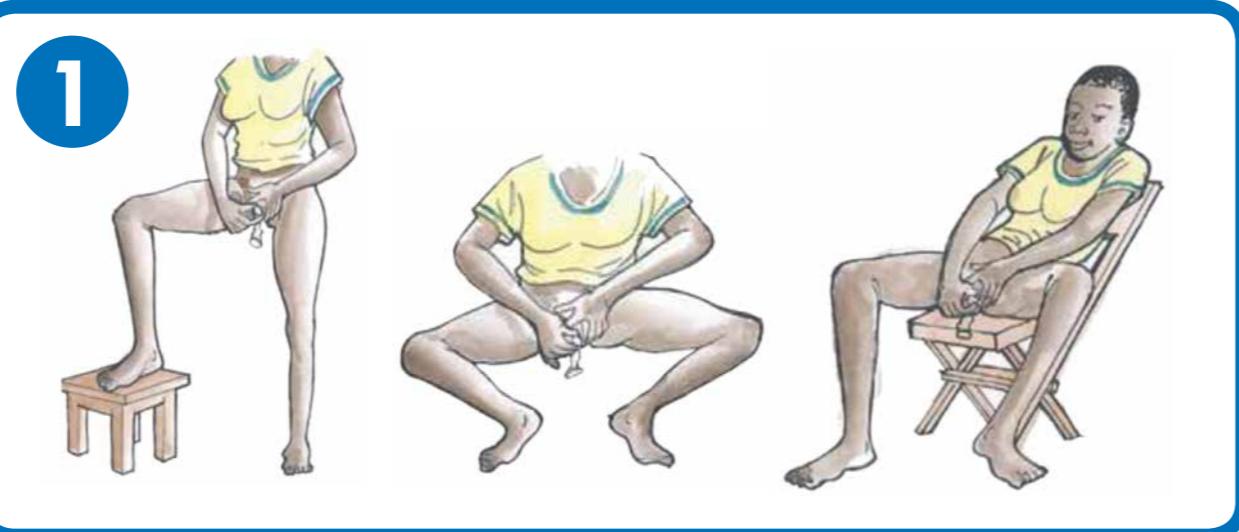
I nge lac  
nyodo, mak  
lawala me  
roc bol, ci l  
wot cun ma  
pud l telo.

5



Ti kwede  
ki cel. Ka l  
tyeko ket  
kama be.

# Kit me tic ki roc bol pa mon



# Kit me tic ki roc bol pa mon



← Lawala ma  
woko

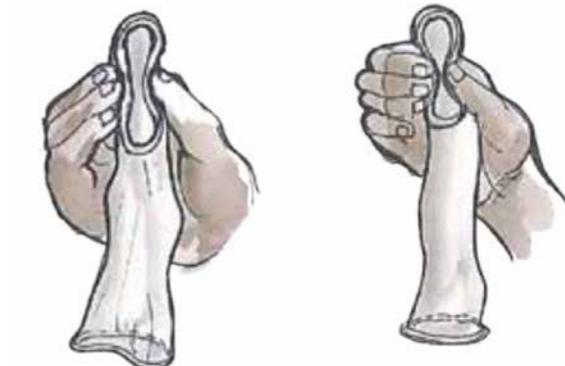
← Lawal me  
I dyere

1



Yea kama I winyi tye a gonya.

2



Kwiny lawal me I dyere, tung a giki.

3



Rwak mot lawala me I dyere  
in nyim dako mot.

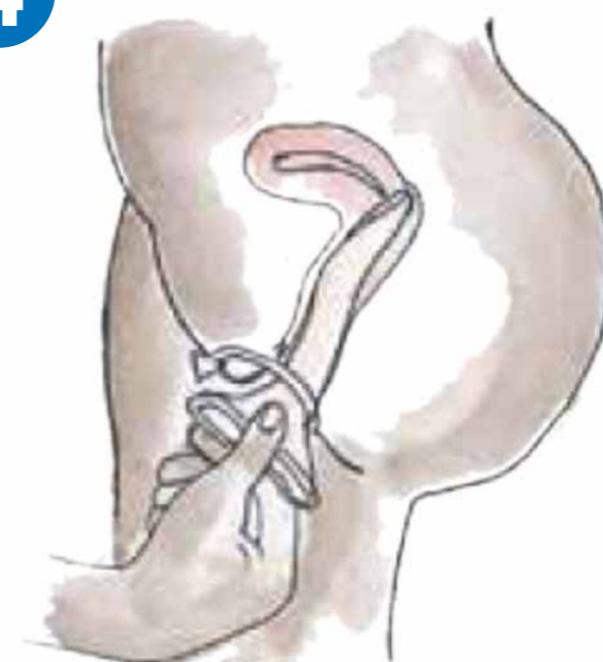
Rwak nyik cingi ma ladeyere  
I roc bol, ci I coo lawala me I  
iye malo ka romo gik

Omyero I nen ni lawala ma  
woko odong pe odonyo  
inyim dako gi roc bol me  
odwanye/dwone

Bed ki gin ni cun odonyo in  
roc bo, daki obedo I nyim  
dako I kare me buto.



4



Me kwanyo, dwo lawal  
ma woko ci I tel mot.

5



Bol roc bol ma ki tiyo  
kwede ka maber.

